

# Craighead County 2009 County Adult Health Survey



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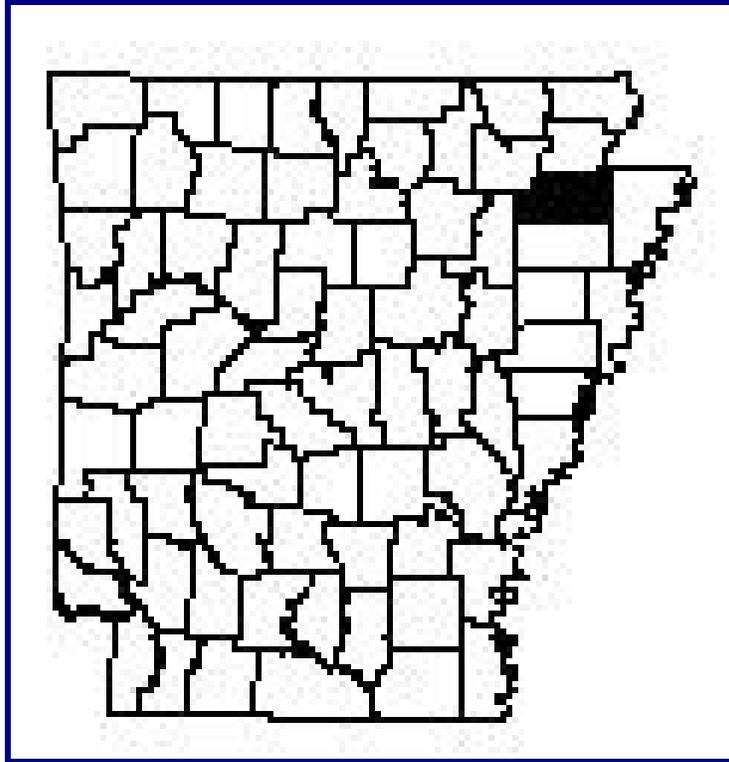
Craighead County HHI

and

Arkansas Department of Health

Health Statistics Branch

# Craighead County, 2009



## County Adult Health Survey

*(Based on the Behavioral Risk Factor Surveillance System (BRFSS))*

October 2009

For more information about the Craighead County  
2009 County Adult Health Survey

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# Craighead County 2009 County Adult Health Survey

## Introduction

### What is the County Adult Health Survey?

The national focus on improving the health of American citizens has also become a major focus for local communities.<sup>1</sup> As a result, health related data are needed by state, county, and local agencies for developing health-promotion programs and to efficiently target health dollars. The **County Adult Health Survey** is an instrument used by **Hometown Health Improvement** to collect, evaluate, and monitor personal risk behaviors that affect the health of adults in Arkansas communities. The survey uses questions from the **Behavioral Risk Factor Surveillance System** survey (BRFSS), developed by the Centers for Disease Control.<sup>2</sup>

### What is Hometown Health Improvement?

Hometown Health Improvement is a grassroots initiative that stresses cooperative action and creative solutions at the local level to identify community health problems and to develop and implement ways to solve them.

This goal is accomplished through cooperation, coalition building, community health assessment, prioritization of health issues, and the development and implementation of health-improving strategies designed and sustained locally.

As part of this initiative, Craighead County conducted the County Adult Health Survey using questions from the Behavioral Risk Factor Surveillance System (BRFSS).



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<sup>1</sup> Centers for Disease Control and Prevention. Healthy People 2010. Atlanta, Georgia. <http://www.healthypeople.gov>

<sup>2</sup> Centers for Disease Control and Prevention. About BRFSS. Atlanta, Georgia. <http://www.cdc.gov/nccdphp/brfss/about.htm>

## **What is the BRFSS?**

The BRFSS is a survey developed to help states collect and monitor state level information on health conditions and the major risk behaviors that can affect the health of their adults. It was developed in the 1980s by the Centers for Disease Control and Prevention after research indicated that personal health behaviors play an important role in premature death and illness. Primarily, the survey focuses on behaviors that are linked to the leading causes of death (heart disease, cancer, stroke, diabetes and injury) and other important health issues. The specific behaviors included in the survey are the following:

- Not getting enough physical activity
- Being overweight
- Not using seatbelts
- Using tobacco and alcohol
- Not getting preventive medical care (e.g. flu shots, mammograms, Pap smears, colorectal exams) that can save lives.

## **How is the BRFSS used?**

State and local health departments in all 50 states rely heavily on BRFSS data to do the following:

- Determine priority health issues and identify populations at highest risk.
- Develop strategic plans and target prevention programs.
- Monitor the effectiveness of intervention strategies and progress toward prevention goals.
- Educate the public, the health community, and policymakers about disease prevention.
- Support community policies that promote health and prevent disease.

BRFSS information is also used by researchers, voluntary, organizations and professional managed care organizations to target prevention efforts. Recognizing the value of such a system in addressing priority health issues in the coming century; China, Canada, and other countries have looked to CDC for assistance in establishing BRFSS-like systems for their own populations.

The ability to determine which population groups have the greatest health risk factors is essential in effectively targeting scarce prevention resources. BRFSS data can be analyzed by a variety of demographic and economic variables such as age, education, income, and racial and ethnic background, to determine which populations are at highest risk in a community.

### **How did Craighead County conduct the County Adult Health Survey?**

During the months August and September of 2009, a telephone survey of 831 randomly selected adults in Craighead County was conducted. Telephone interviews were carried out and supervised by trained telephone research interviewers at the University of Arkansas at Little Rock's Institute of Government.



## Who participated in the 2009 Craighead County Adult Health Survey?

Of the 831 people who were interviewed, 293 were men and 538 were women. The following chart summarizes the demographics of the survey participants as both raw numbers and as weighted data. The raw data is the data collected from the sample of persons interviewed. The weighted data is the collected survey data (raw data) that has been adjusted to represent the population from which the sample was drawn.

Generally, all data presented in the report is based on the **weighted** data. All percentages presented in this report are rounded to the nearest whole percent. However, data presented in the frequency tables in the risk factor section is raw data. The total number of responses (i.e. frequencies) for each question may not add up to the total number of people interviewed as each respondent may not have provided answers to all questions.

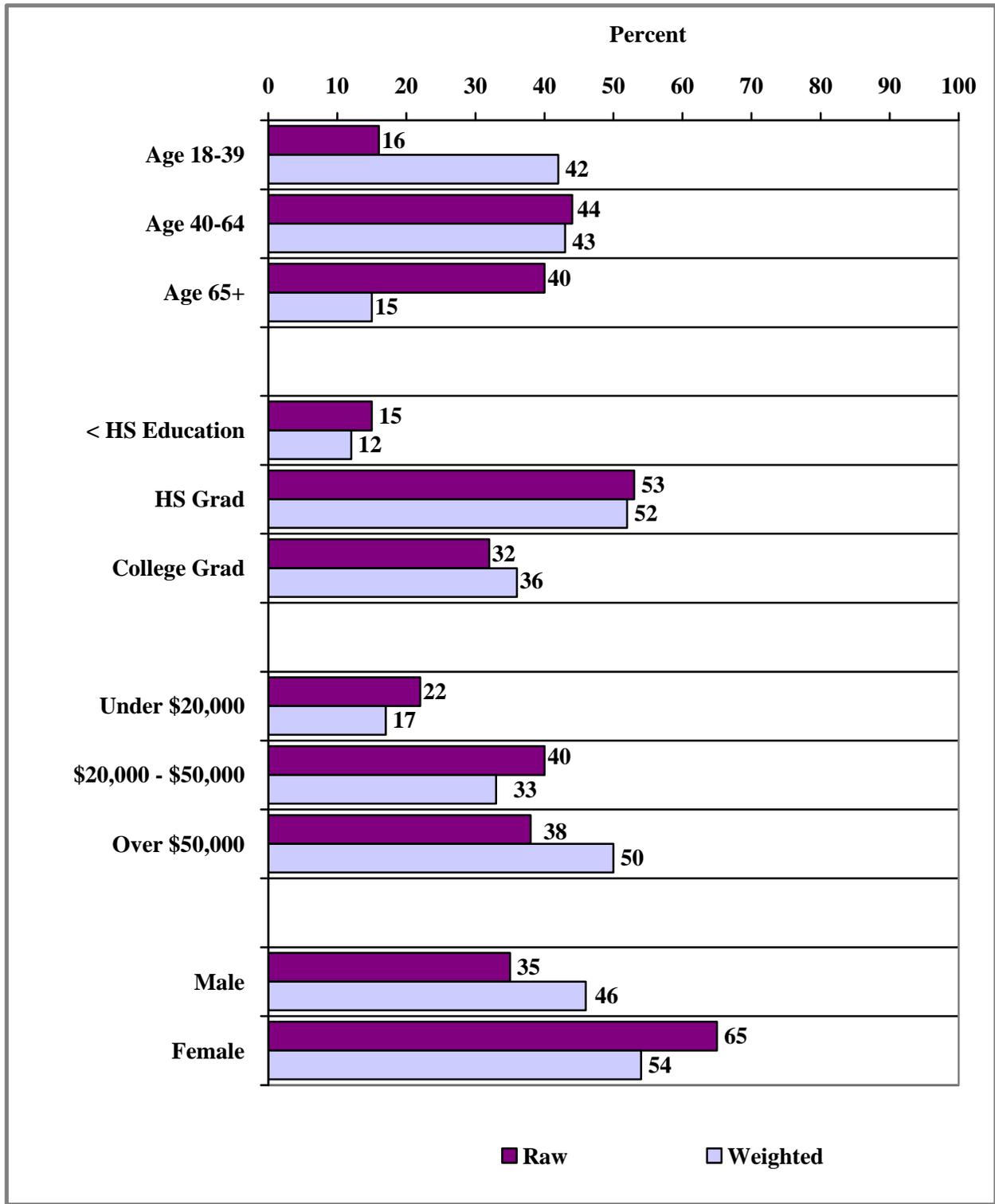
Table 1: Survey demographics

Variables	Categories	Raw Data %	Weighted Data (%)
<b>Age (years)</b>	Age 18-39	16	42
	Age 40-64	44	43
	Age 65+	40	15
<b>Education</b>	< HS Education	15	12
	HS Grad	53	52
	College Grad	32	36
<b>Income</b>	Under \$20,000	22	17
	\$20,000 - \$50,000	40	33
	Over \$50,000	38	50
<b>Gender</b>	Male	35	46
	Female	65	54

# Who participated in the 2009 Craighead County Adult Health Survey?

(continued)

Figure 1: Survey demographics, by, age, education, income, and gender



# **Risk Factors**

## Health Status

The survey asked respondents to rate their general, physical, and mental health status. Perceived health status is an important indicator of functionality and health-related quality of life. It assesses health issues that are not measured by standard morbidity and mortality data.

### General Health

#### **Risk Factor Definition: General health “fair” or “poor”**

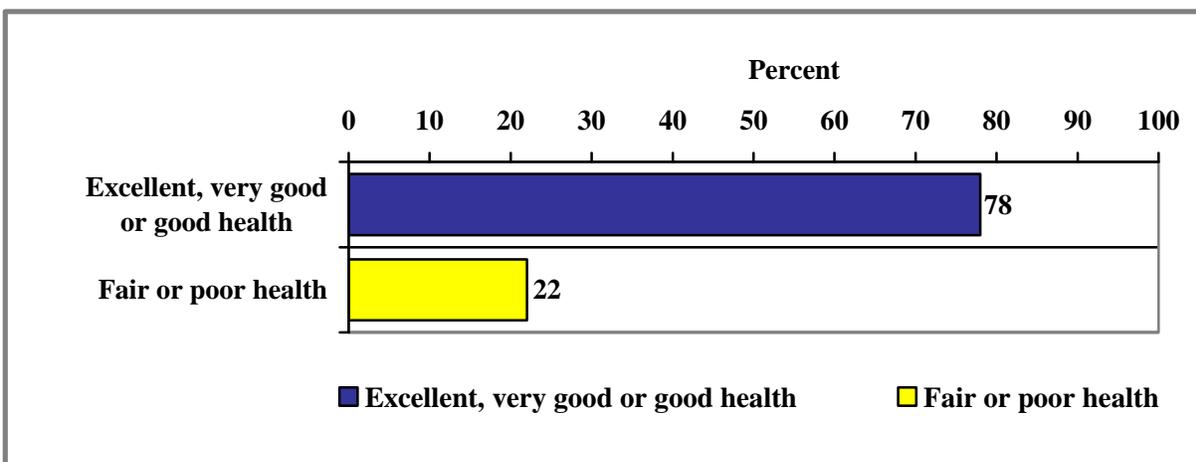
Question: Would you say that your general health is “excellent,” “very good,” “good,” “fair,” or “poor?”

At risk: Those who answered “fair” or “poor” are considered at risk.

Table 1: General health status (overall)

General health	Frequency (n)
Fair, Poor	285
Excellent, Very Good, Good	561

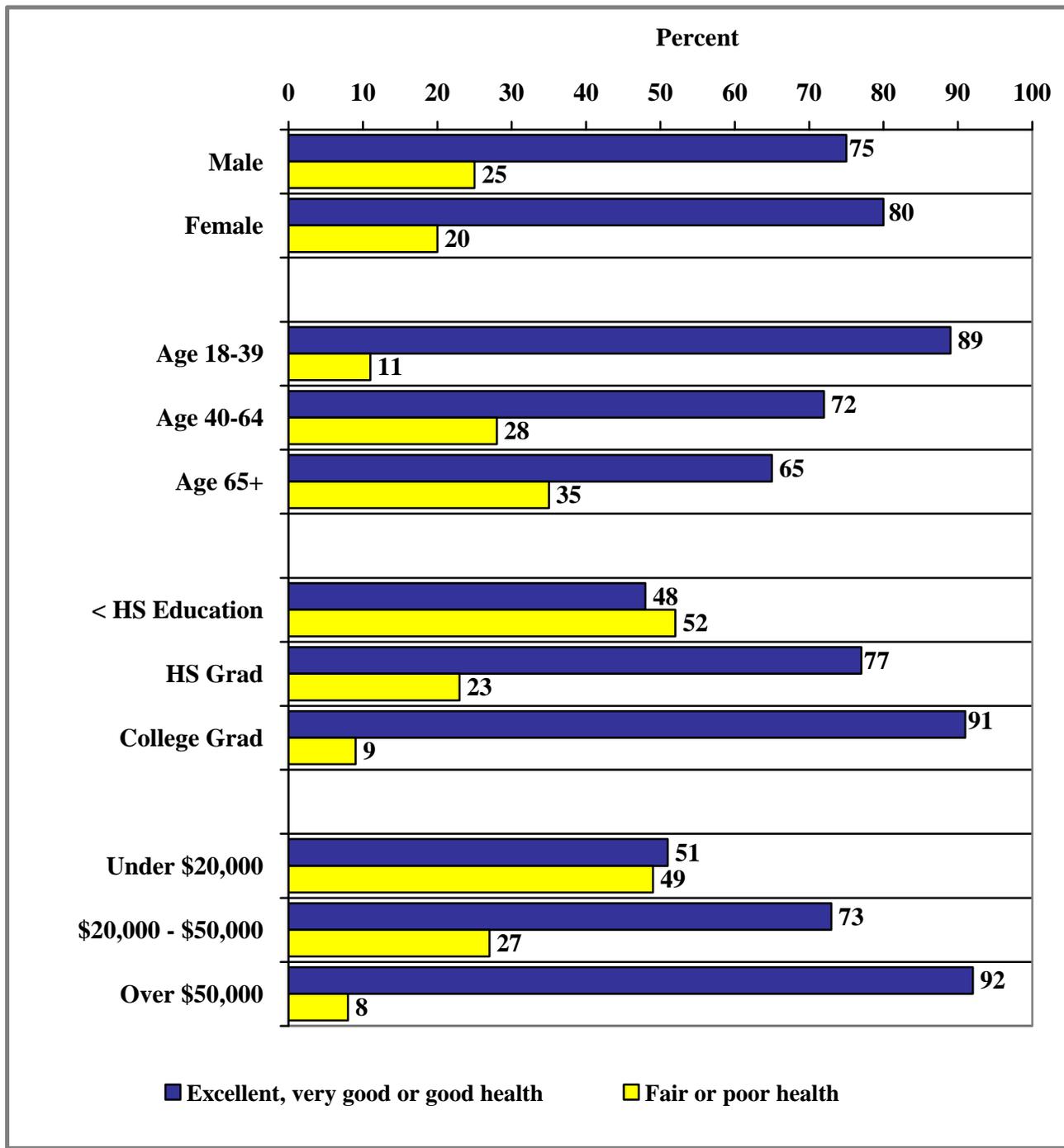
Figure 1: General health status (overall)



## Health Status (continued)

**Question:** Would you say that your general health is “excellent,” “very good,” “good,” “fair,” or “poor?”

Figure 2: General health status (by selected characteristics)



## Health Status (continued)

### Physical Health

#### **Risk Factor Definition: Physical health “not good”**

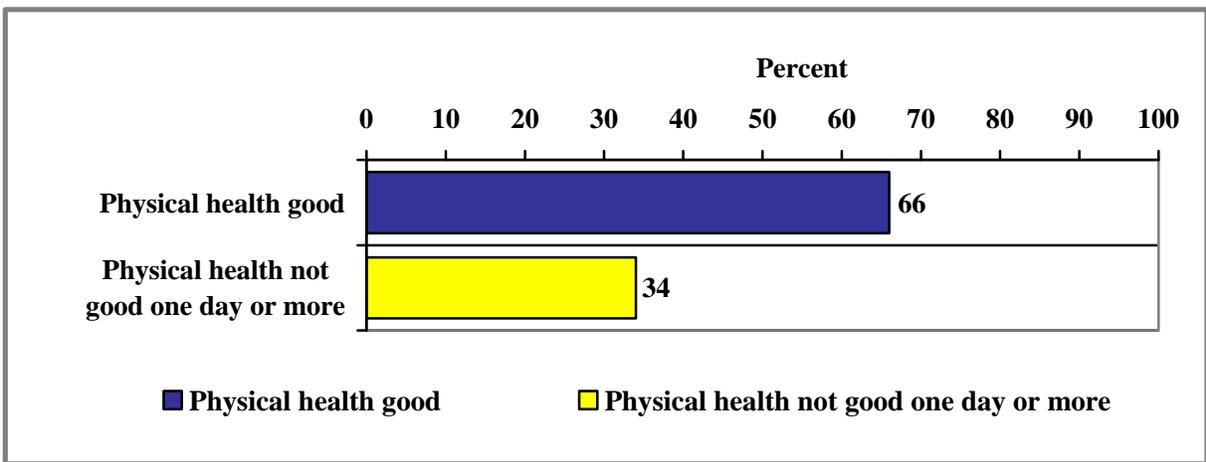
Question: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

At risk: Having one or more self-reported days of “not good” physical health.

Table 2: Physical health status (overall)

Physical health	Frequency (n)
Physical health not good one day or more	387
Physical health good	445

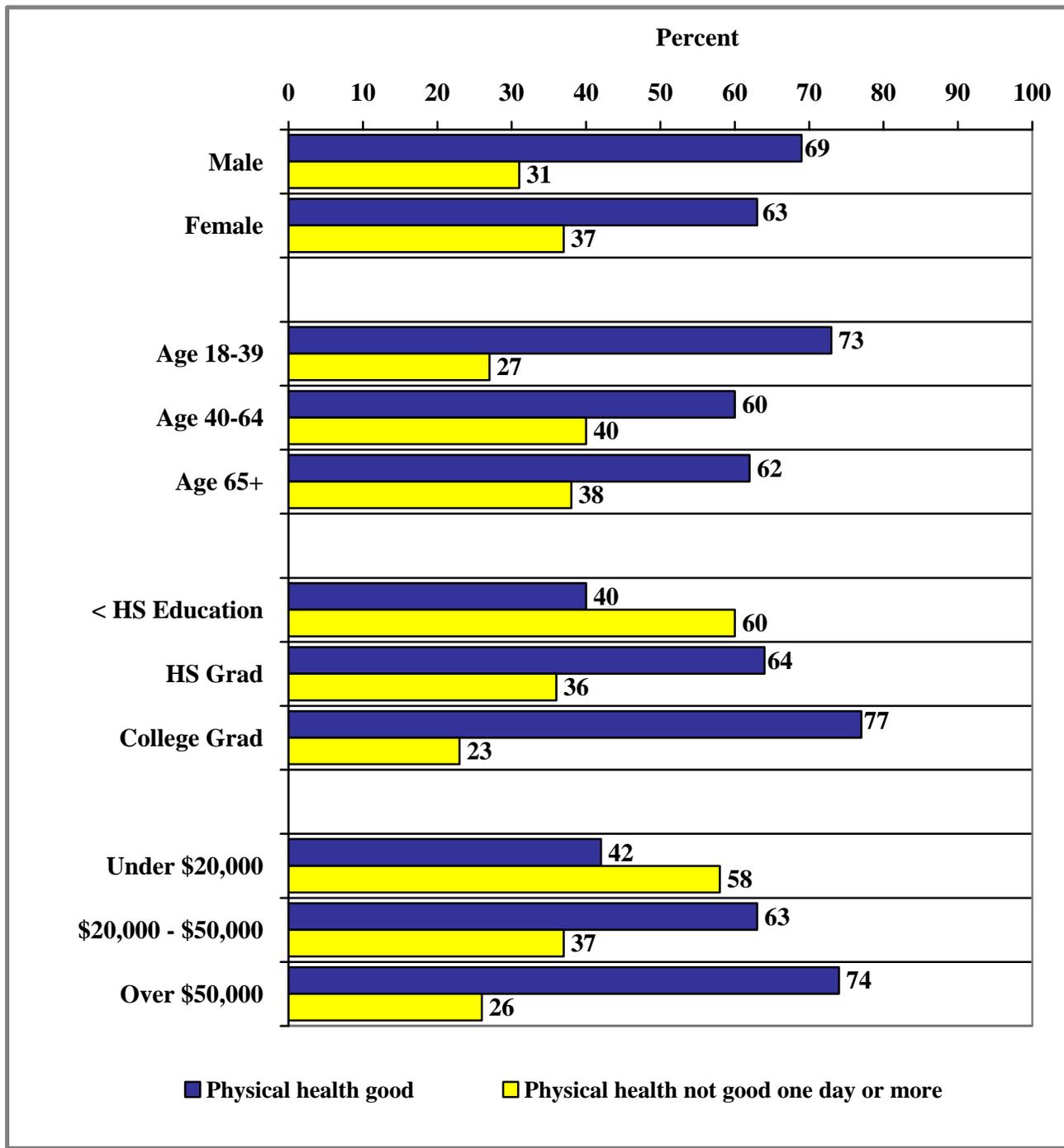
Figure 3: Physical health status (overall)



## Health Status (continued)

**Question:** Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

Figure 4: Physical health status (by selected characteristics)



# Health Status (continued)

## Mental Health

Mental health includes stress, depression, and problems with emotions.

**Risk Factor Definition: Mental health “not good”**

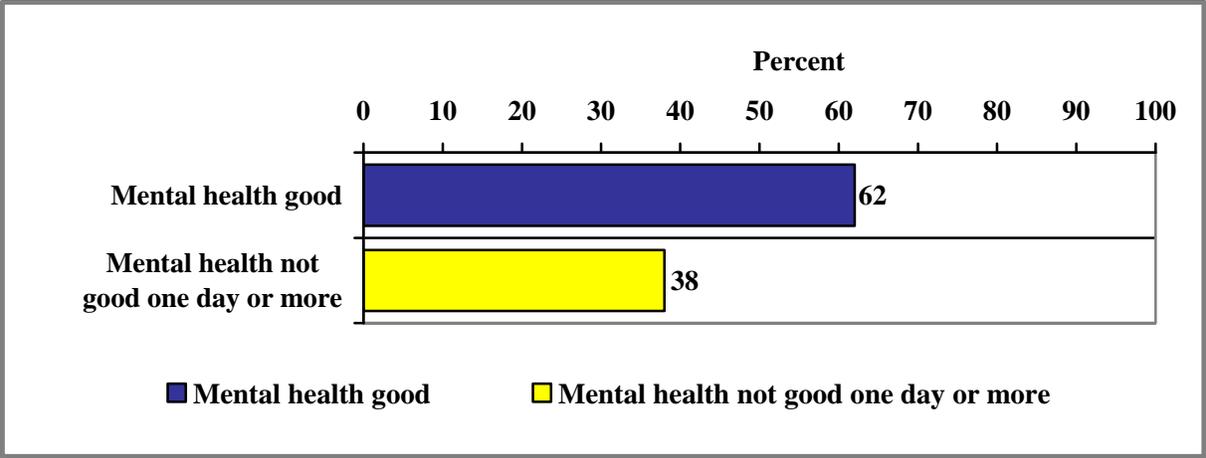
Question: How many days during the past 30 days was your mental health not good?

At risk: Having one or more self-reported days of “not good” mental health.

Table 3: Mental health status (overall)

Mental health	Frequency (n)
Mental health not good one day or more	275
Mental health good	550

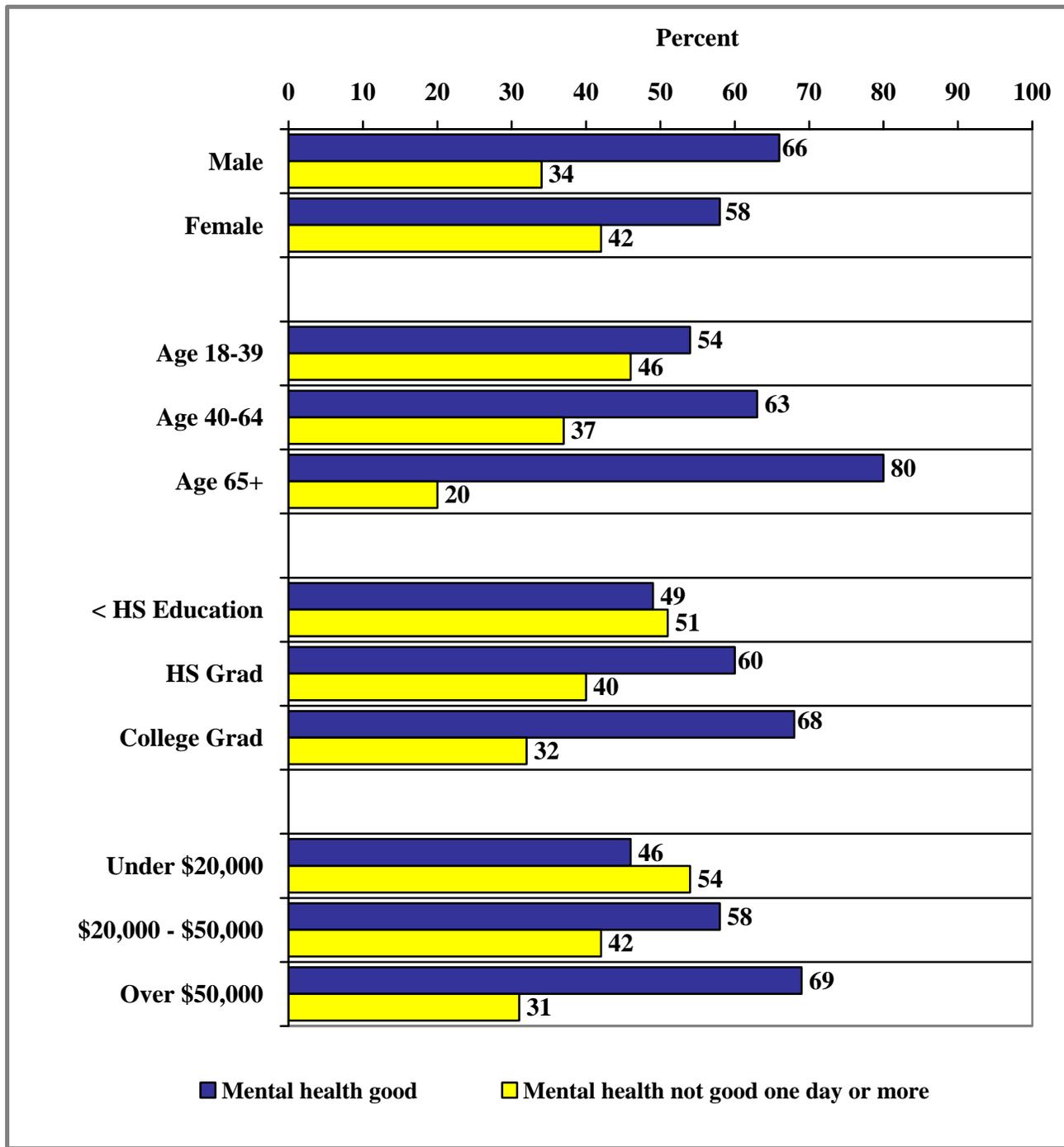
Figure 5: Mental health status (overall)



## Health Status (continued)

**Question:** How many days during the past thirty days was your mental health not good?

Figure 6: Mental health status (by selected characteristics)



# Health Care Access

The survey asked if respondents had health insurance. Health insurance provides better access to health care. Those with health insurance are more likely to have a primary care physician to receive appropriate preventative care.

## **Risk Factor Definition: No health care coverage**

**Question:** Do you have any kind of health care coverage, including health insurance prepaid plans such as HMOs, or government plans such as Medicare?

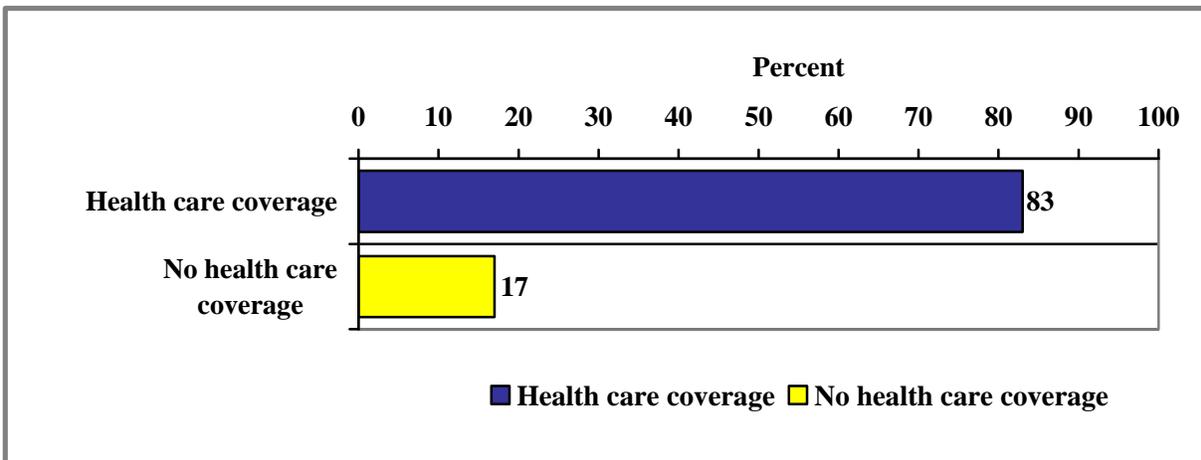
**At risk:** Those who answered “no” are considered at risk.



**Table 1:** Health care coverage (overall)

Health care coverage	Frequency (n)
No health care coverage	131
Health care coverage	706

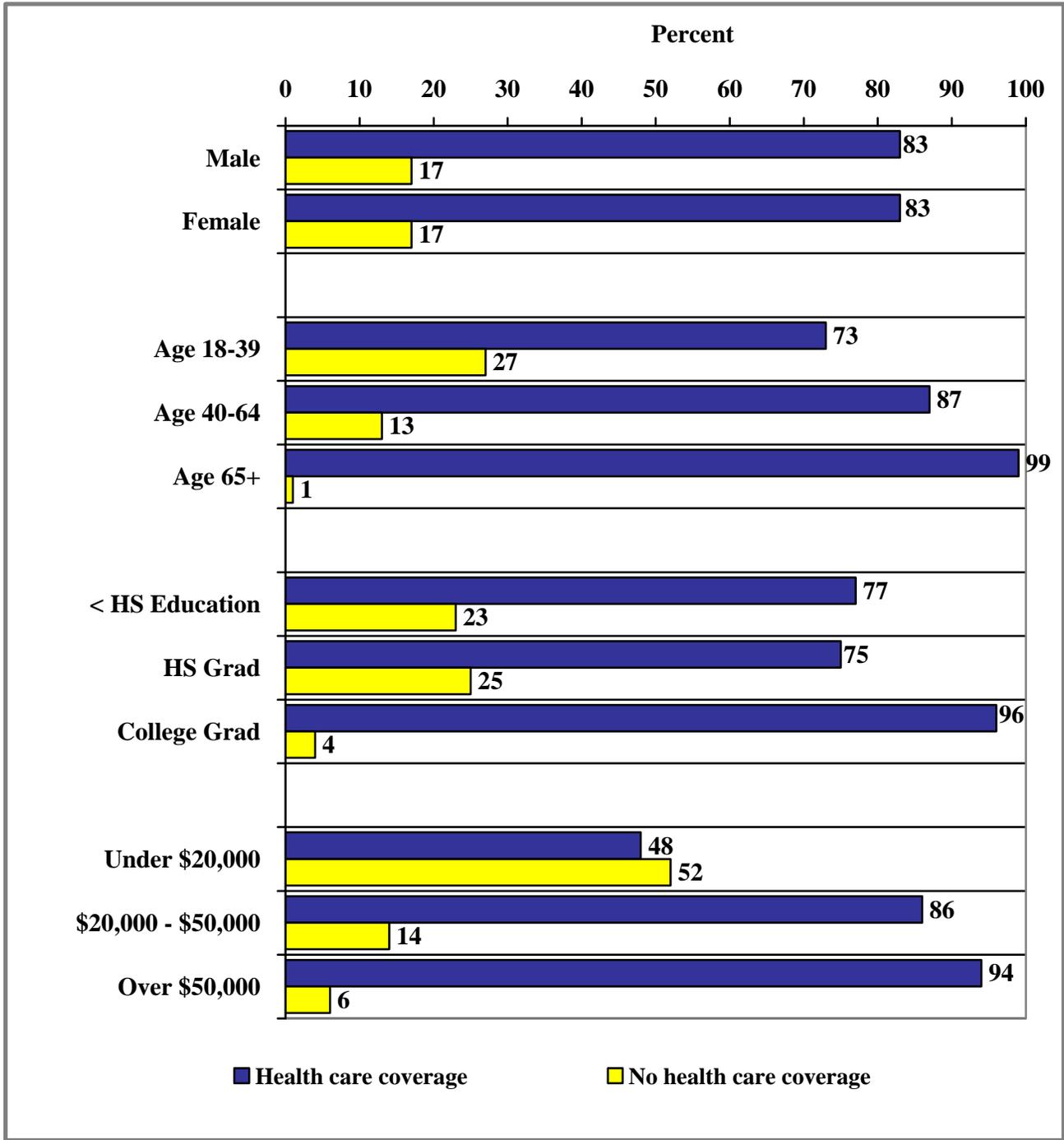
**Figure 1:** Health care coverage (overall)



## Health Care Access (continued)

**Question:** Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

Figure 2: Health care coverage (by selected characteristics)



# Hypertension

Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure, or kidney failure.

## **Risk Factor Definition: Have high blood pressure (hypertension)**

Question: Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

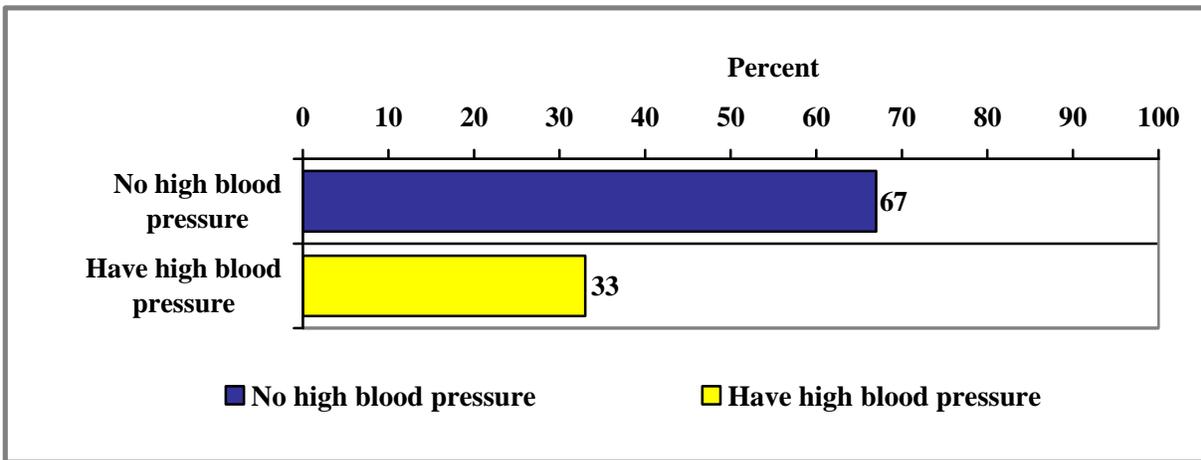
At risk: Those who answered “yes” are considered at risk.



Table 1: High blood pressure (hypertension) (overall)

Hypertension	Frequency (n)
Have high blood pressure	408
No high blood pressure	429

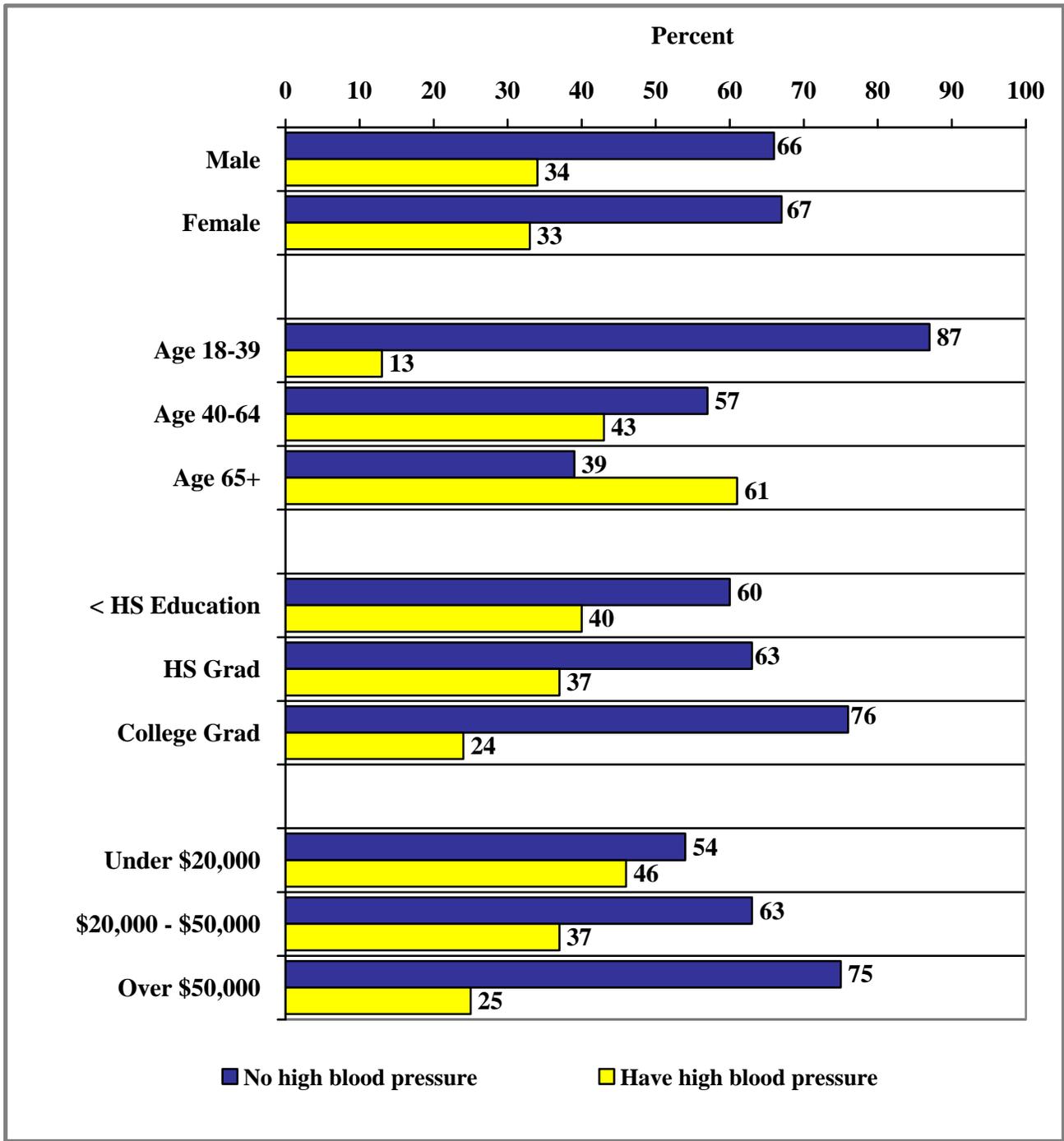
Figure 1: High blood pressure (hypertension) (overall)



## Hypertension (continued)

**Question:** Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

Figure 2: High blood pressure (hypertension) (by selected characteristics)



# Cholesterol

People with high cholesterol are at a higher risk for heart attack and stroke. Blood cholesterol is a fatty substance found in the blood.

## Testing for Cholesterol

### **Risk Factor Definition: Have not had blood cholesterol checked in past two years**

#### Questions:

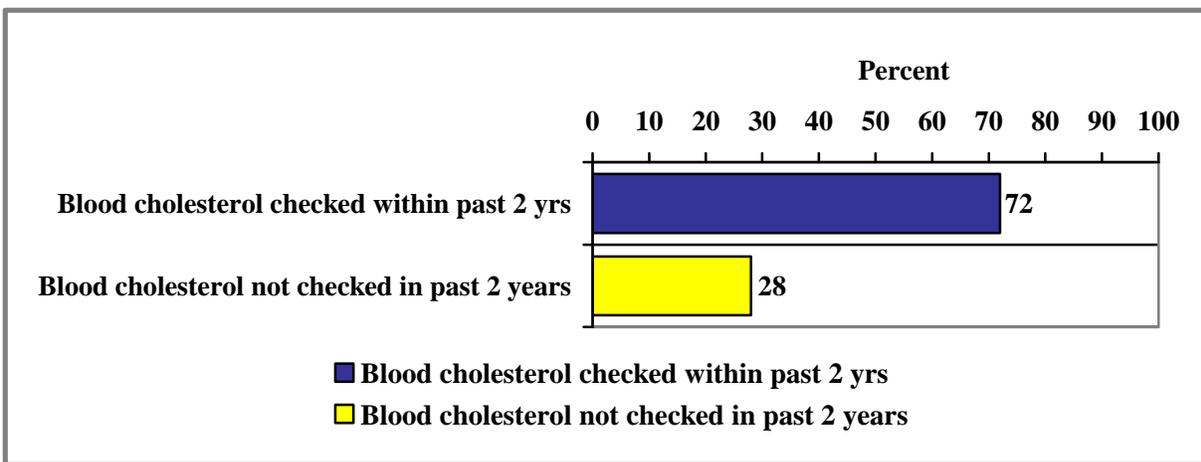
1. Have you ever had your blood cholesterol checked?
2. How long has it been since you had your blood cholesterol checked?

At risk: Those who have not had their blood cholesterol checked within the past 2 years are considered at risk.

Table 1: Testing for blood cholesterol (overall)

Testing for cholesterol	Frequency (n)
Blood cholesterol not checked in past two years	148
Blood cholesterol checked in past two years	670

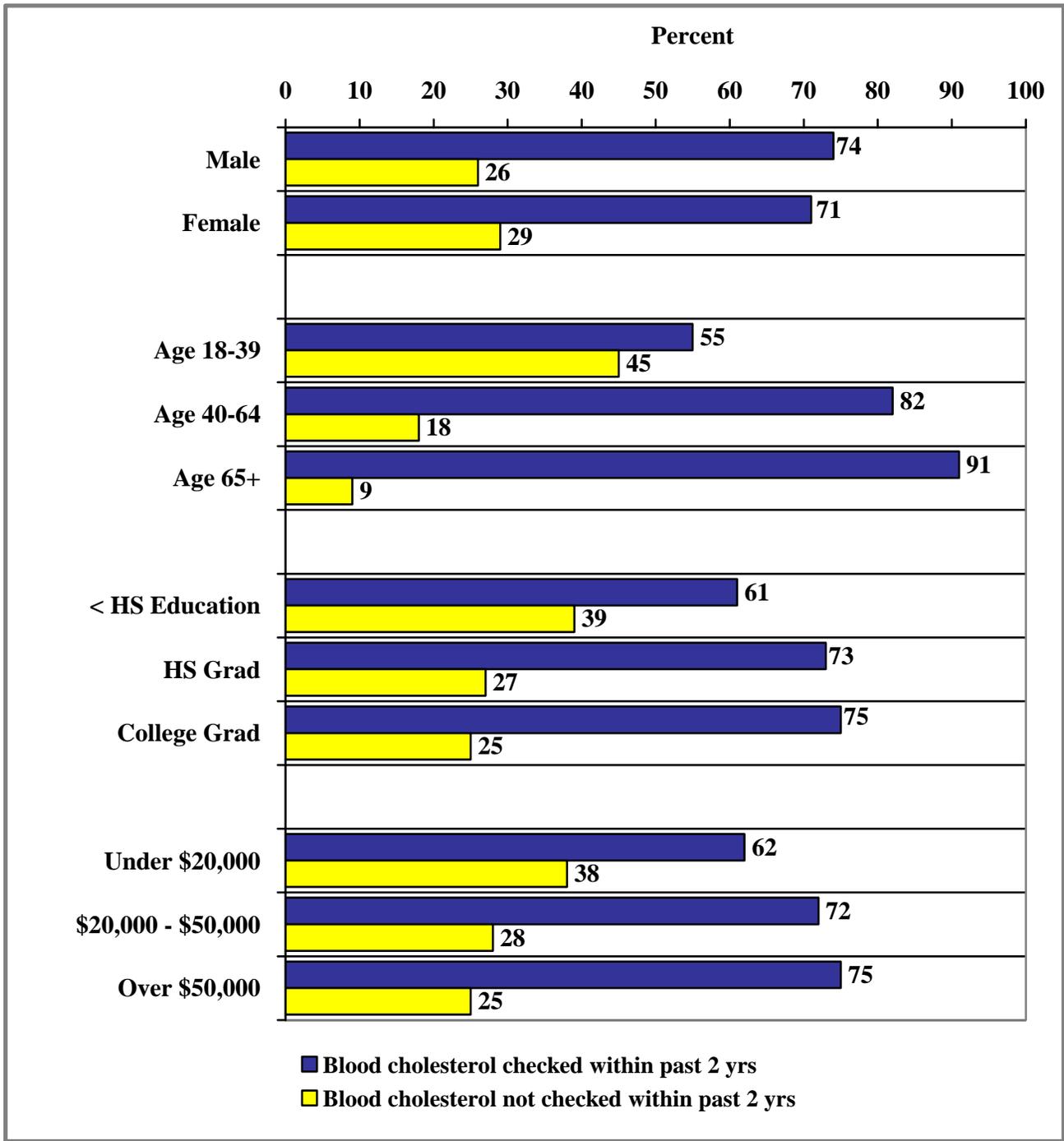
Figure 1: Testing for blood cholesterol (overall)



## Cholesterol (continued)

**Question:** Have you ever had your blood cholesterol checked? How long has it been since you had your blood cholesterol checked?

Figure 2: Testing for blood cholesterol (by selected characteristics)



## Cholesterol (continued)

### Blood Cholesterol Level

#### **Risk Factor Definition: High blood cholesterol level**

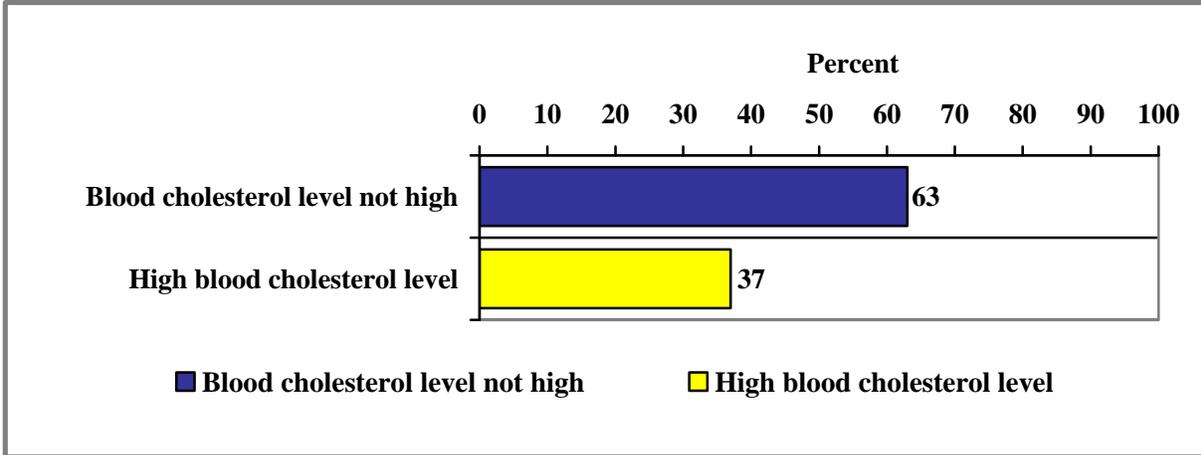
Question: Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

At risk: **Of those who reported that they had had a blood cholesterol test done**, those respondents who answered “yes” are considered at risk.

Table 2: Blood cholesterol level (overall)

Blood cholesterol level	Frequency (n)
High blood cholesterol	378
Blood cholesterol not high	360

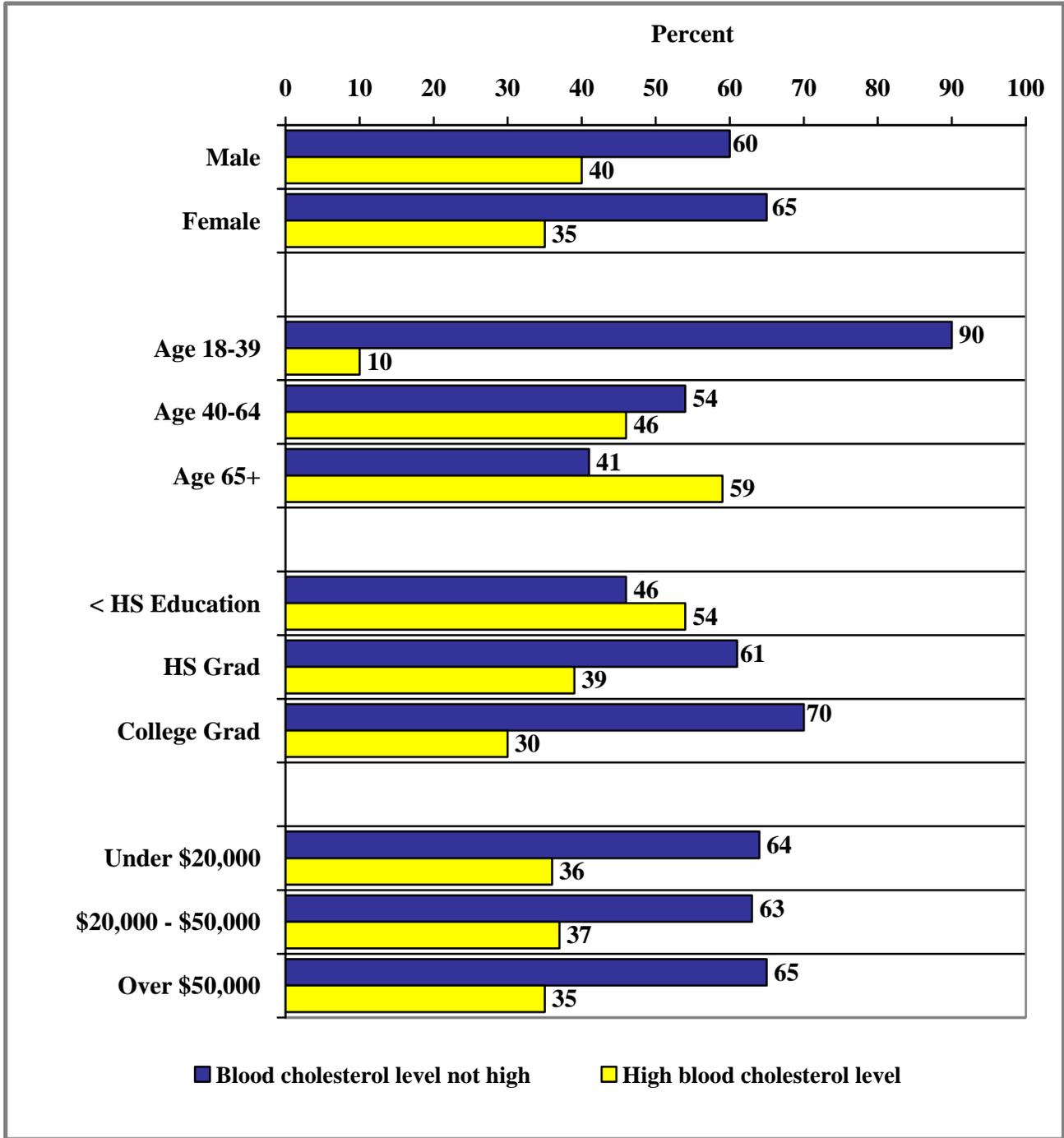
Figure 3: Blood cholesterol level (overall)



## Cholesterol (continued)

**Question:** Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

Figure 4: Blood cholesterol level (by selected characteristics)



# Cardiovascular Disease Prevalence

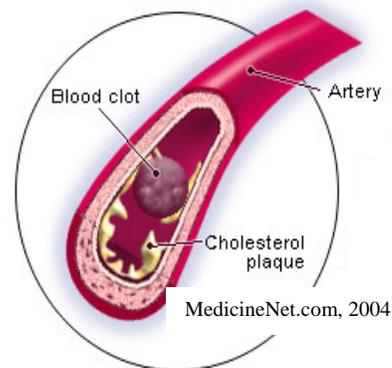
## Myocardial infarction (heart attack)

A heart attack occurs when blood flow to a section of heart muscle becomes blocked. If the flow of blood is not restored quickly, the section of heart muscle becomes damaged from lack of oxygen and begins to die. Heart attack is a leading killer of both men and women in the United States.<sup>3</sup>

### **Risk Factor Definition: Ever had a myocardial infarction**

**Question:** Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also known as a myocardial infarction?

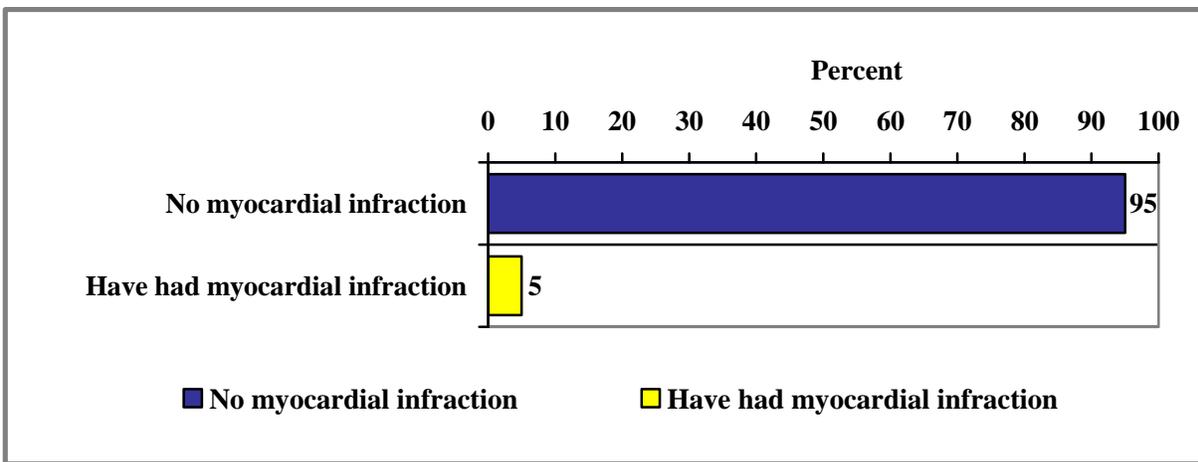
**At risk:** Those who answered “yes” are considered at risk.



**Table 1:** Myocardial infarction (heart attack) (overall)

Myocardial infraction	Frequency (n)
Have had myocardial infarction	95
No myocardial infarction	735

**Figure 1:** Myocardial infarction (heart attack) (overall)

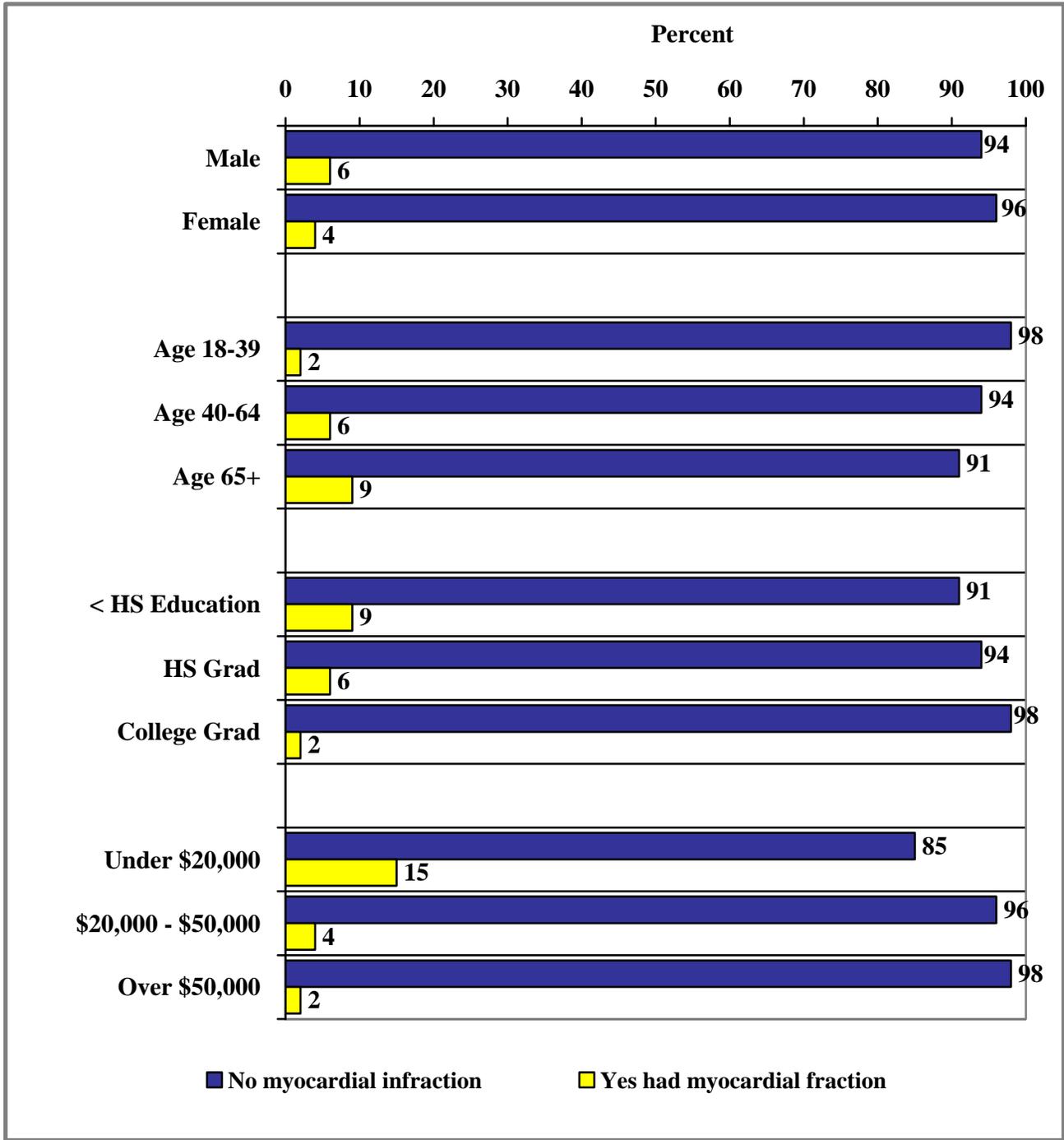


<sup>3</sup> [http://www.nhlbi.nih.gov/health/dci/Diseases/HeartAttack/HeartAttack\\_WhatIs.html](http://www.nhlbi.nih.gov/health/dci/Diseases/HeartAttack/HeartAttack_WhatIs.html)

## Cardiovascular Disease Prevalence (continued)

**Question:** Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also known as a myocardial infarction?

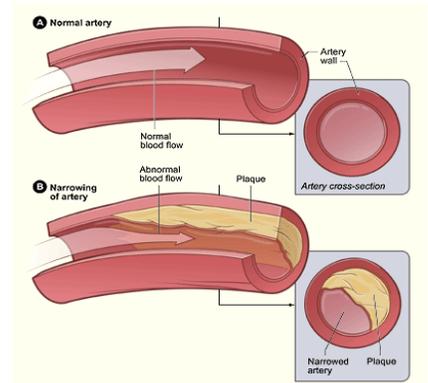
**Figure 2:** Myocardial infarction (heart attack) (by selected characteristics)



## Cardiovascular Disease Prevalence (continued)

### Angina or coronary heart disease

Angina is chest pain or discomfort that occurs when an area of your heart muscle doesn't get enough oxygen-rich blood. Angina may feel like pressure or squeezing in your chest. Pain also may occur in your shoulders, arms, neck, jaw, or back. It can feel like indigestion. Angina is a symptom of coronary artery disease (CAD), the most common type of heart disease. CAD occurs when a fatty material called plaque builds up on the inner walls of the coronary arteries.<sup>4</sup>



### Risk Factor Definition: Ever had angina or coronary heart disease

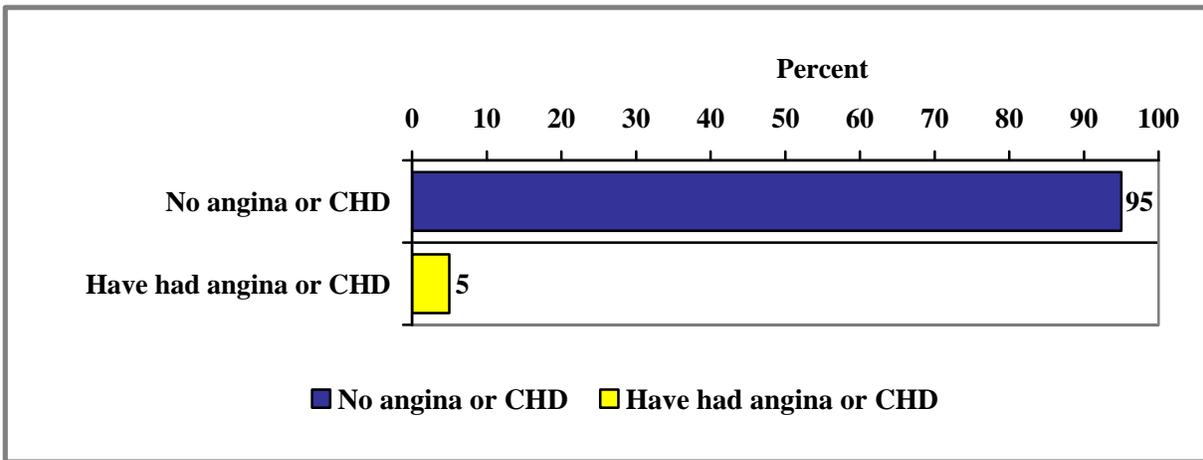
Question: Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?

At risk: Those who answered “yes” are considered at risk.

Table 2: Angina or coronary heart disease (overall)

Angina or CHD	Frequency (n)
Have had angina or coronary heart disease	100
No angina or coronary heart disease	722

Figure 3: Angina or coronary heart disease (overall)

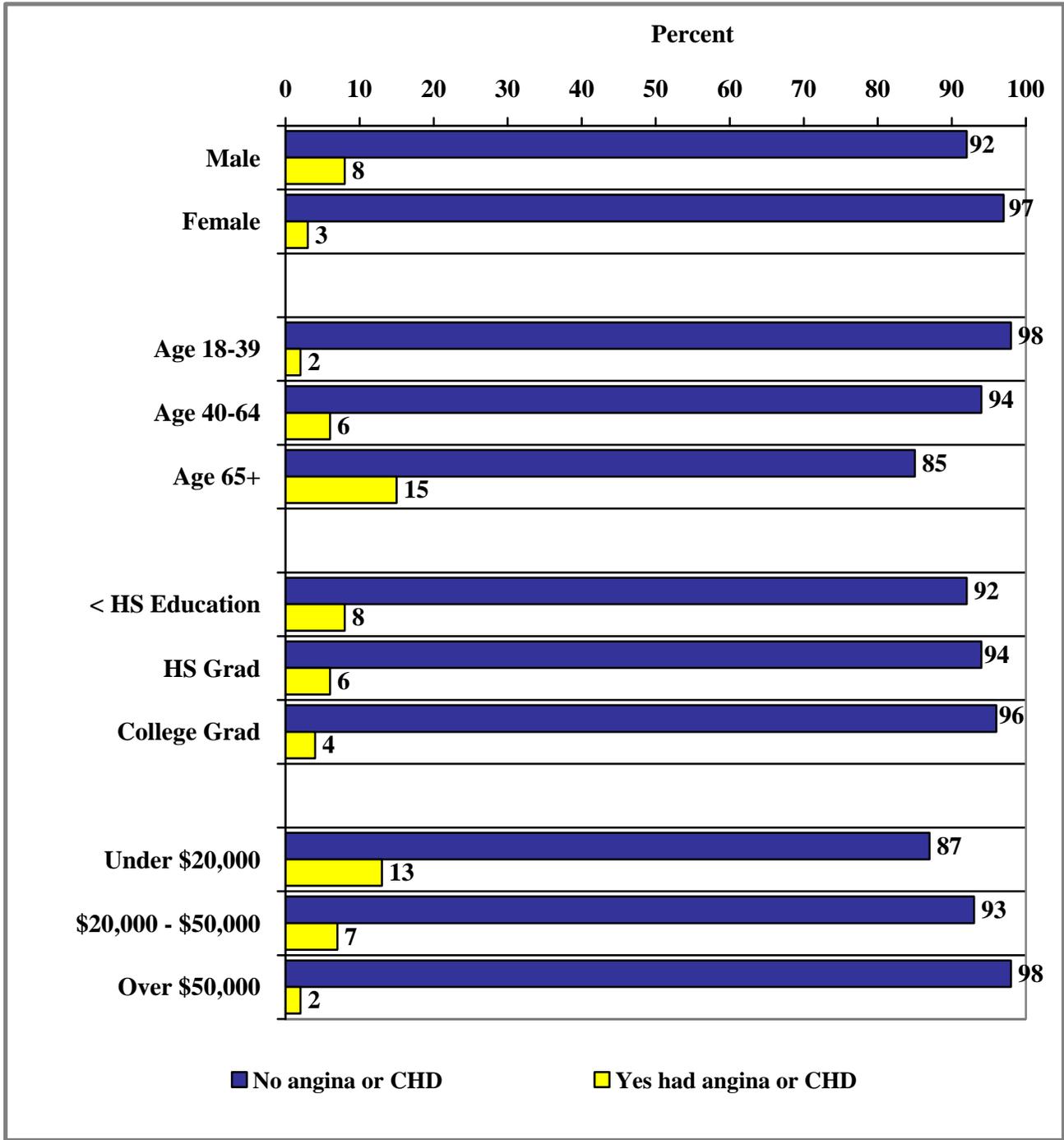


<sup>4</sup> [http://www.nhlbi.nih.gov/health/dci/Diseases/Angina/Angina\\_WhatIs.html](http://www.nhlbi.nih.gov/health/dci/Diseases/Angina/Angina_WhatIs.html)

## Cardiovascular Disease Prevalence (continued)

**Question:** Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?

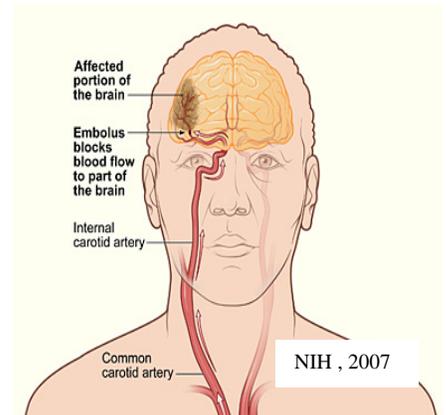
**Figure 2:** Angina or coronary heart disease (by selected characteristics)



## Cardiovascular Disease Prevalence (continued)

### Stroke

A stroke is when blood flow to the brain is interrupted. When a stroke occurs, brain cells in the immediate area begin to die because they stop getting the oxygen and nutrients they need to function. There are two major kinds of stroke. The first, called an ischemic stroke, is caused by a blood clot that blocks or plugs a blood vessel or artery in the brain. About 80 percent of all strokes are ischemic. The second, known as a hemorrhagic stroke, is caused by a blood vessel in the brain that breaks and bleeds into the brain.<sup>5</sup>



#### **Risk Factor Definition: Ever had a stroke**

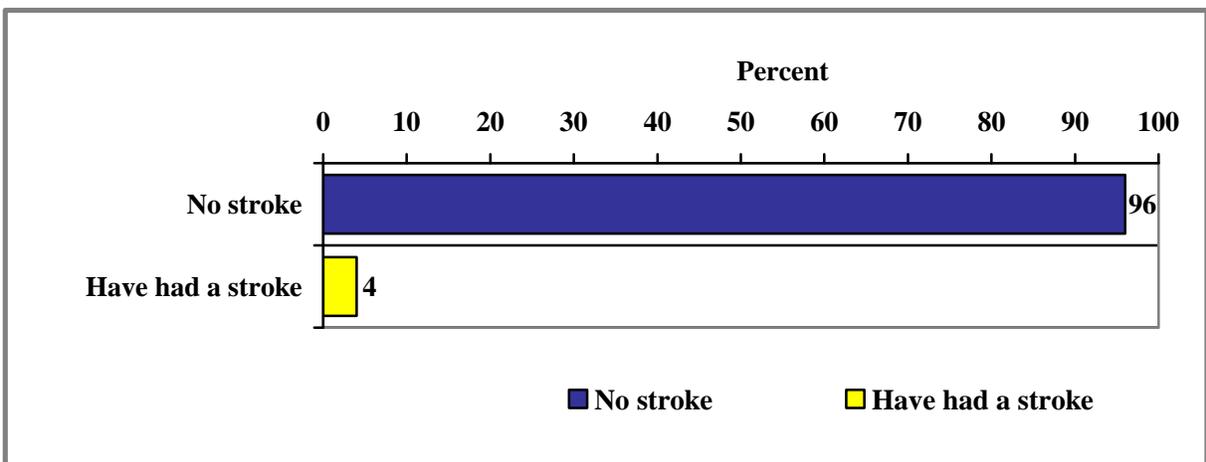
**Question:** Has a doctor, nurse, or other health professional ever told you that you had a stroke?

**At risk:** Those who answered “yes” are considered at risk.

**Table 3:** Stroke (overall)

Stroke	Frequency (n)
Have had a stroke	70
No stroke	762

**Figure 5:** Stroke (overall)

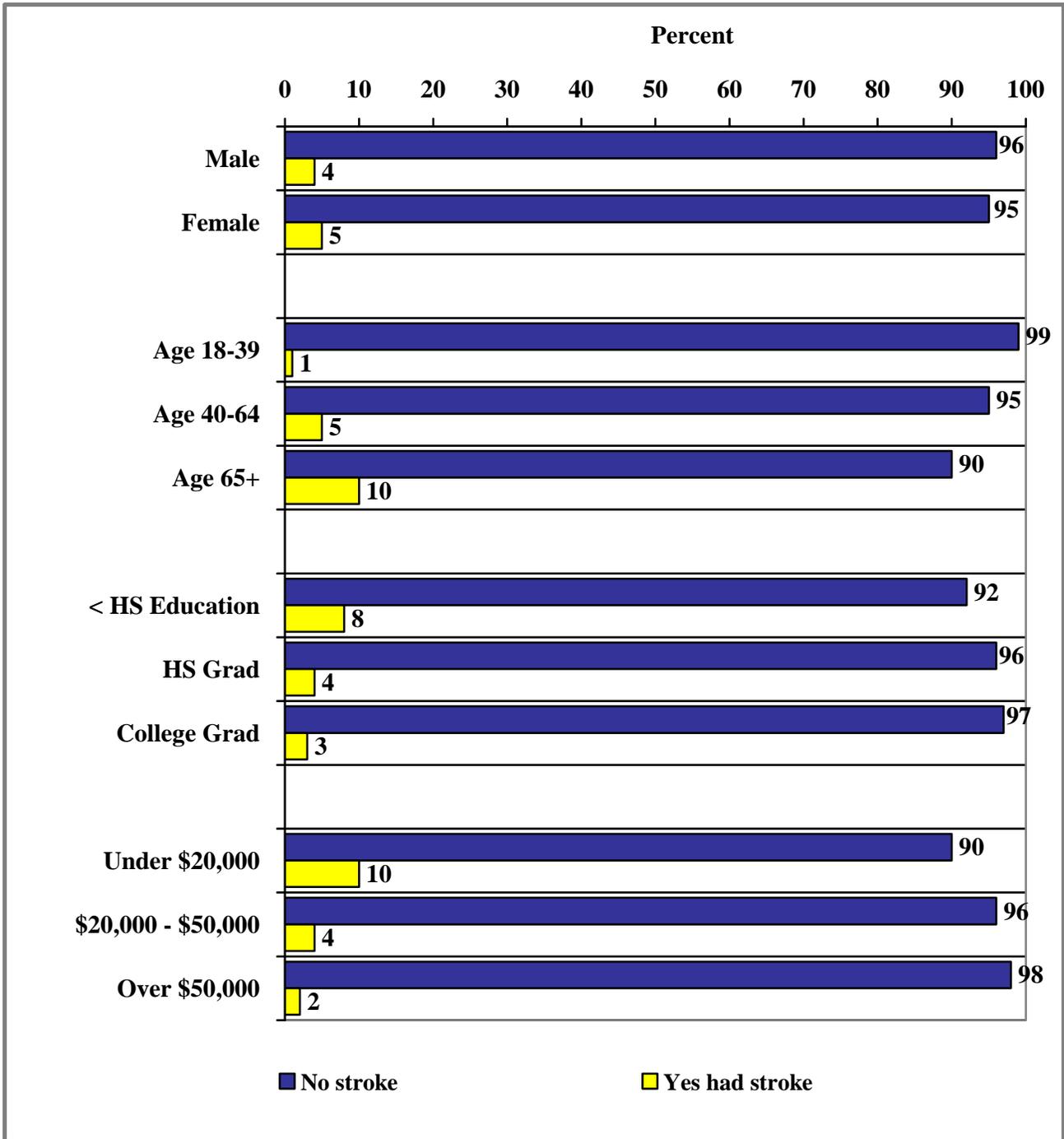


<sup>5</sup> <http://www.ninds.nih.gov/disorders/stroke/knowstroke.htm#whatis>  
 Craighead County Adult Health Survey Statistics

## Cardiovascular Disease Prevalence (continued)

**Question:** Has a doctor, nurse, or other health professional ever told you that you had a stroke?

Figure 6: Stroke (by selected characteristics)



# Asthma

Asthma is a chronic inflammatory disease of the airways that is characterized by wheezing, breathlessness, chest tightness, and coughing. Asthma is a serious and growing health problem. Severe asthma attacks often result in hospitalizations or emergency department visits.



## **Risk Factor Definition: Ever had asthma**

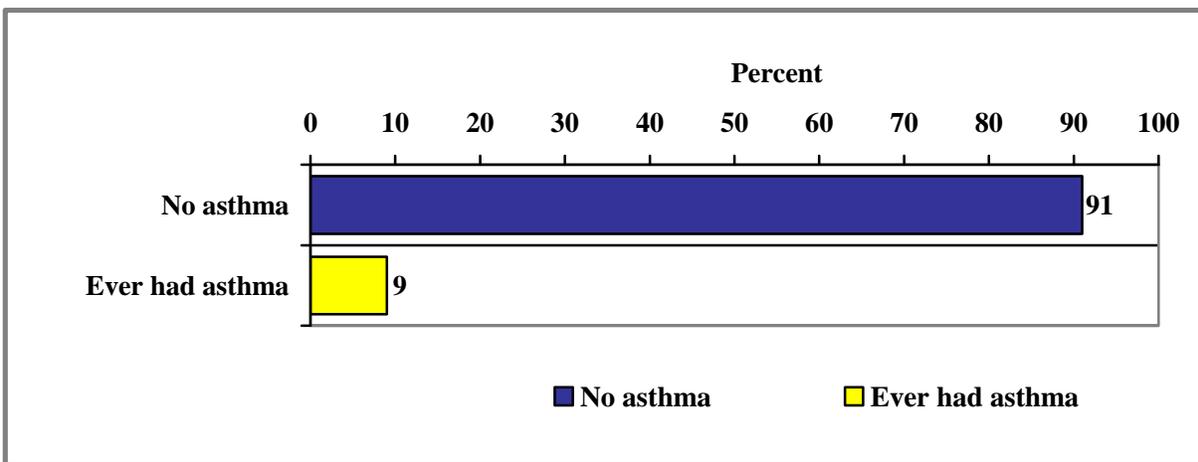
**Question:** Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

**At risk:** Those who said “yes” are considered at risk.

**Table 1:** Asthma (overall)

Asthma	Frequency (n)
Ever had asthma	94
No asthma	744

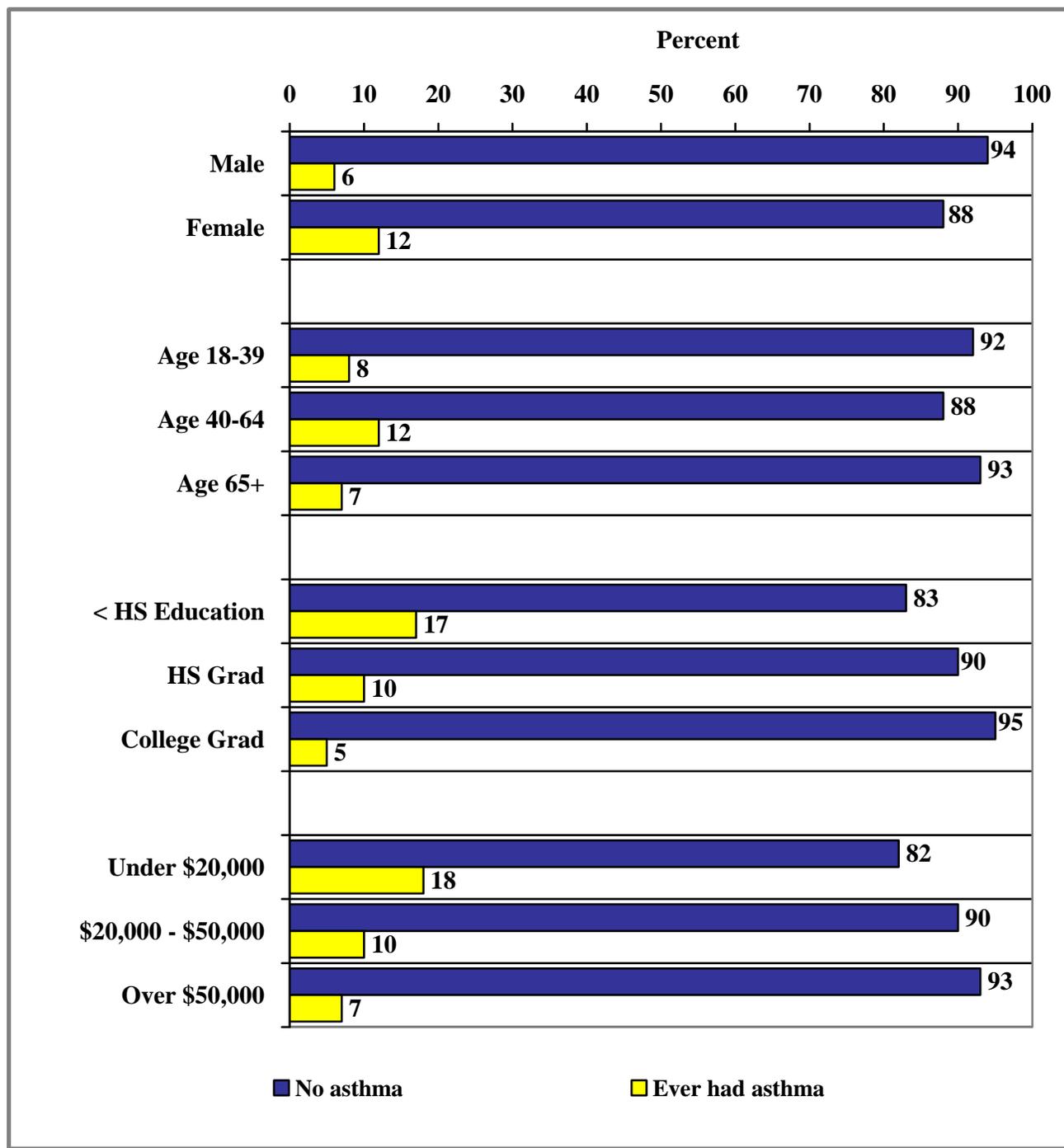
**Figure 1:** Asthma (overall)



## Asthma (continued)

**Question:** Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

Figure 2: Asthma (by selected characteristics)



# Diabetes

Diabetes is a disease in which blood glucose levels are above normal. Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputation.



## **Risk Factor Definition: Have diabetes**

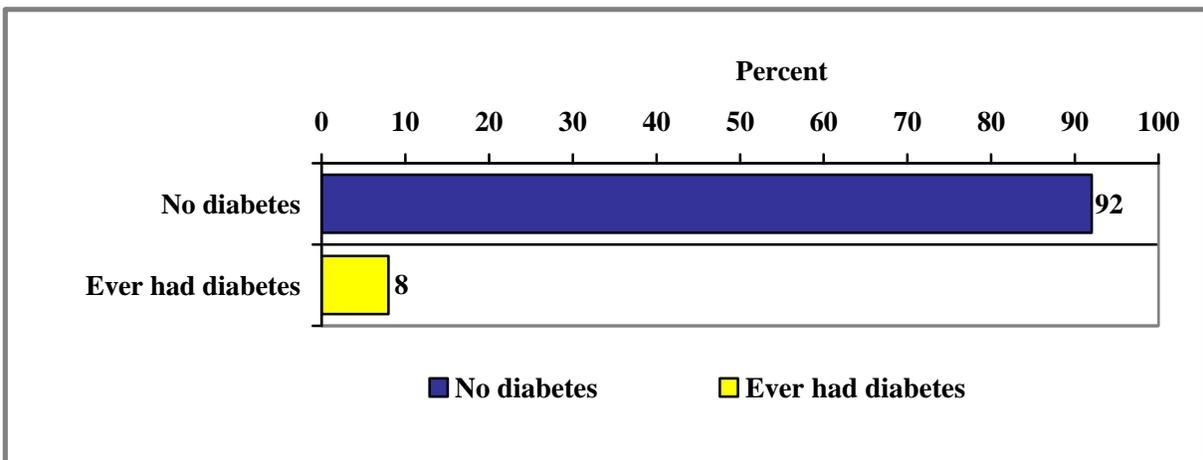
Question: Have you ever been told by a doctor that you have diabetes?

At risk: Those who answered “yes” are considered at risk.

Table 1: Diabetes (overall)

Diabetes	Frequency (n)
Ever had diabetes	125
No diabetes	711

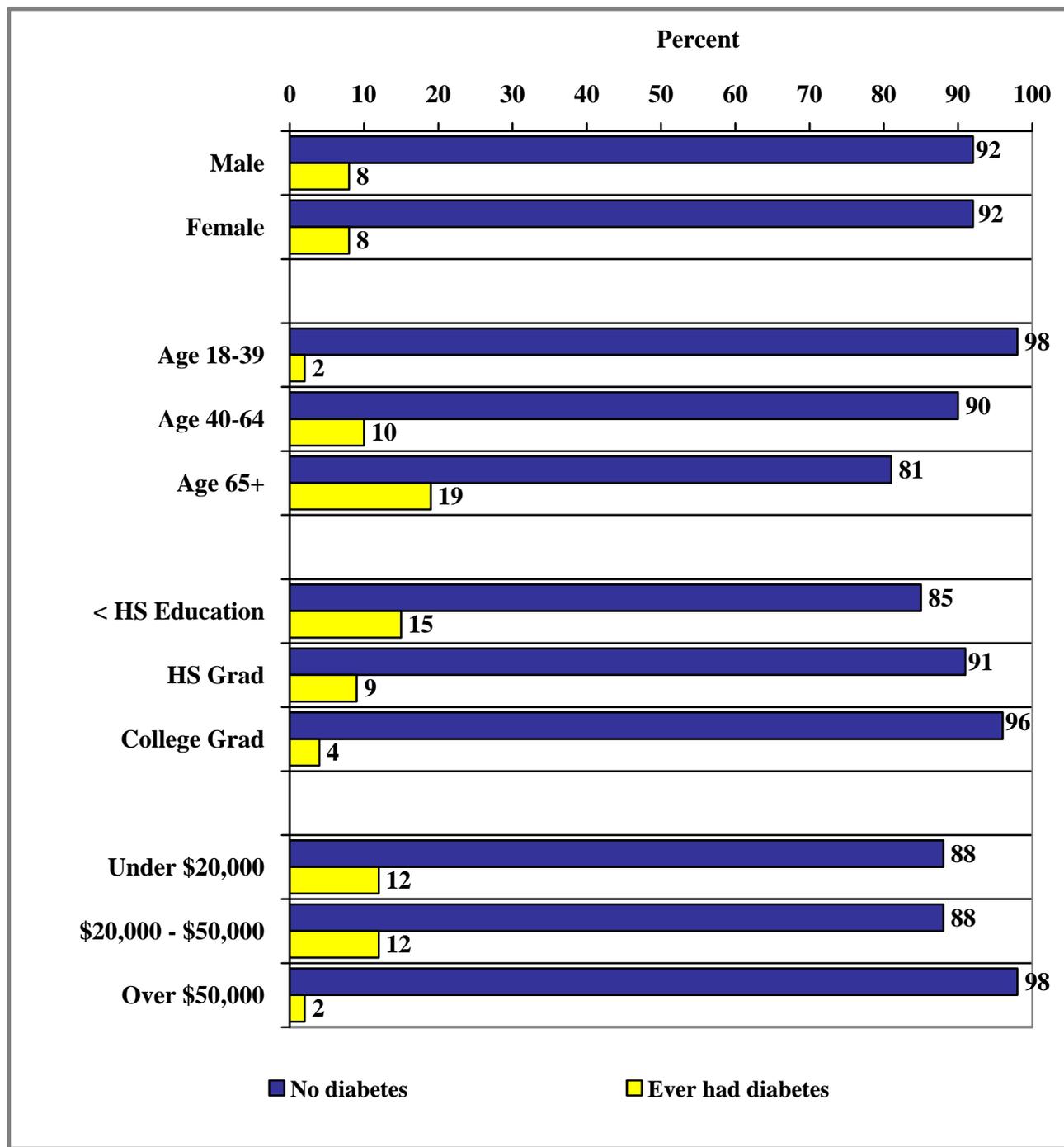
Figure 1: Diabetes (overall)



## Diabetes (continued)

**Question:** Have you ever been told by a doctor that you have diabetes?

Figure 2: Diabetes (by selected characteristics)



# Arthritis

Arthritis is the leading cause of disability in the nation. Arthritis limits everyday activities and adversely affects physical and mental health. The term arthritis encompasses over 100 different conditions affecting the joints and muscles.

## Diagnosed with Arthritis

### Risk Factor Definition: Ever had arthritis

Question: Have you ever been told by a doctor that you have arthritis?

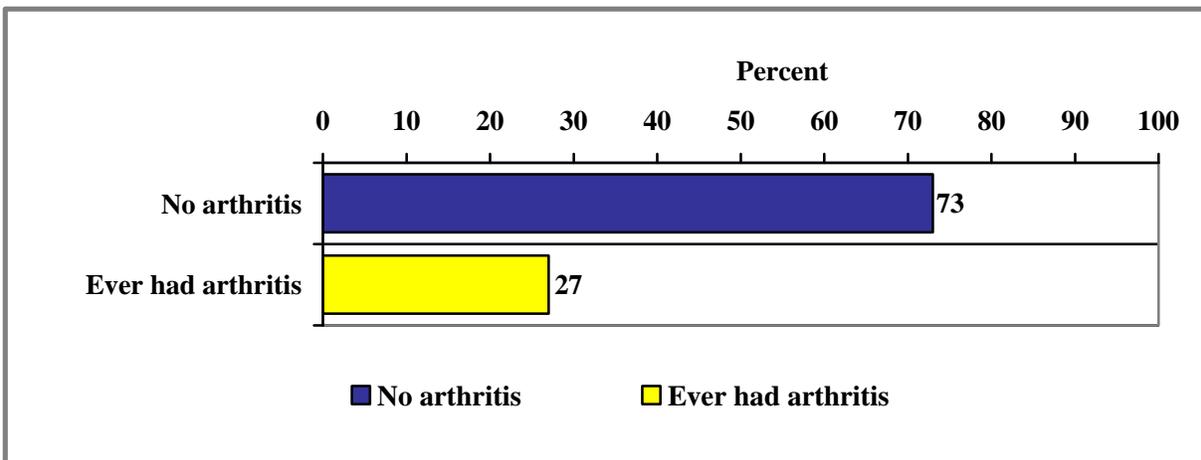
At risk: Those who answered “yes” are considered at risk.



Table 1: Arthritis (overall)

Arthritis	Frequency (n)
Ever had arthritis	377
No arthritis	460

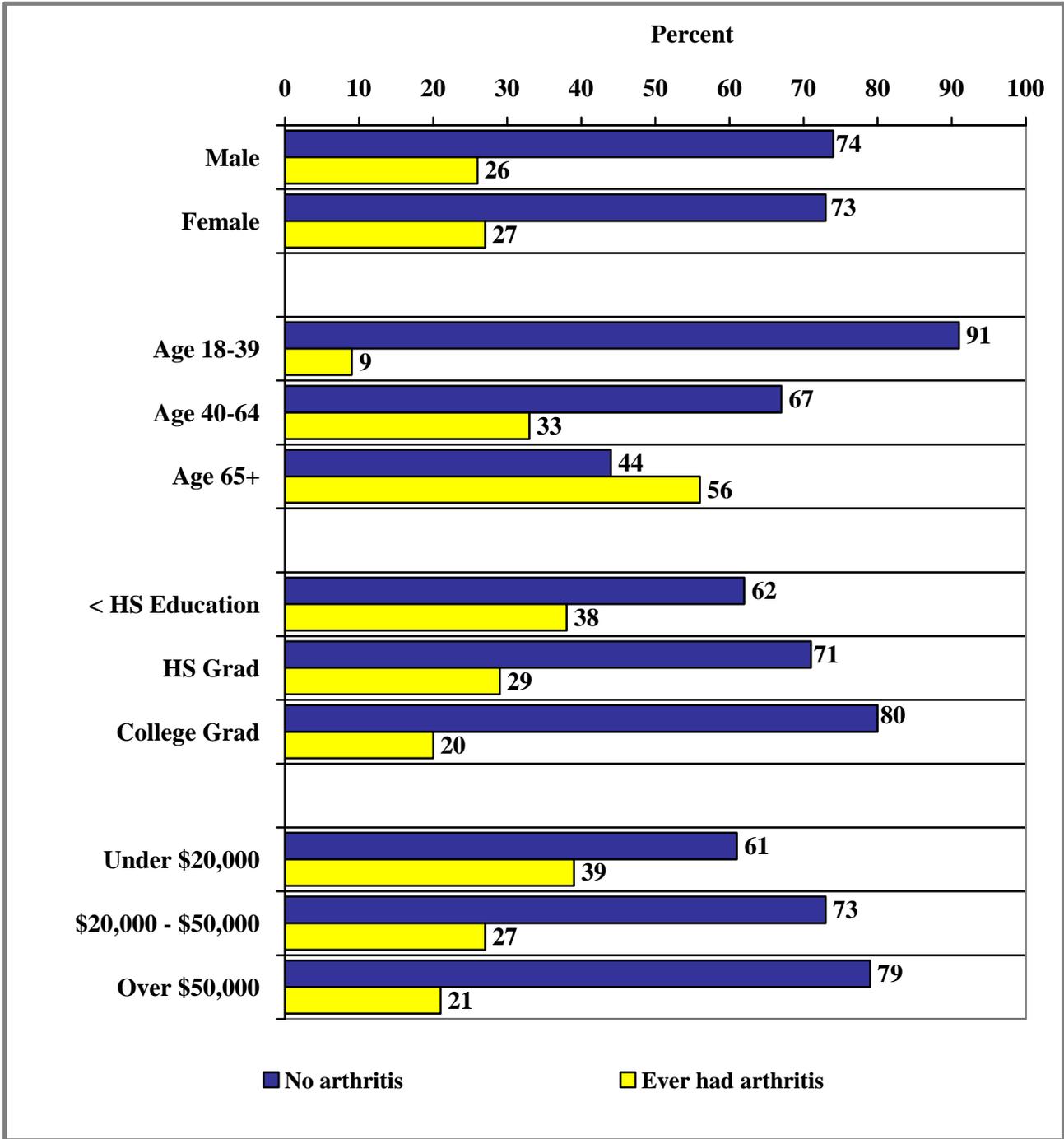
Figure 1: Arthritis (overall)



## Arthritis (continued)

**Question:** Have you ever been told by a doctor that you have arthritis?

Figure 2: Arthritis (by selected characteristics)



## Arthritis (continued)

### Activity Limitations

#### **Risk Factor Definition: Have activity limitations due to joint symptoms**

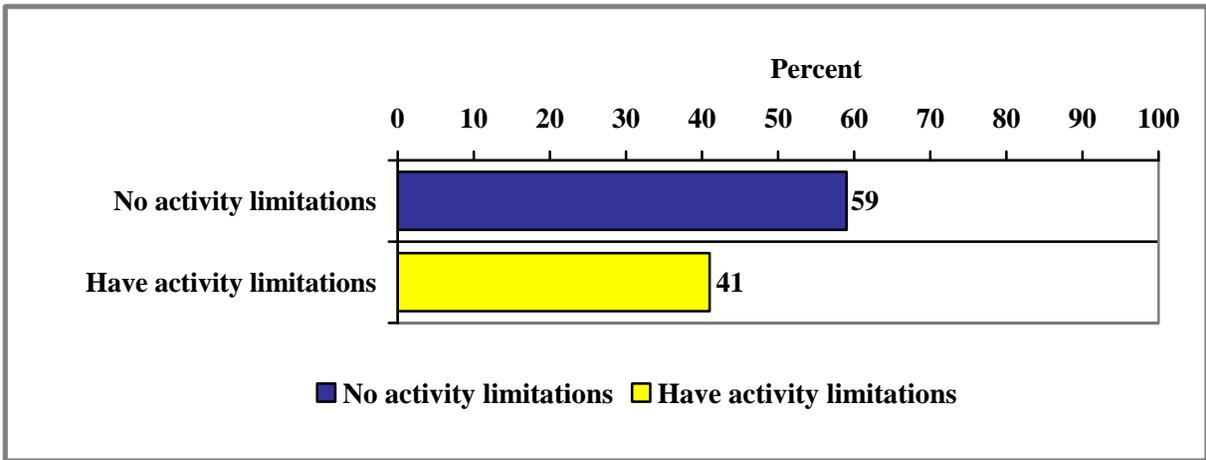
Question: Are you now limited in any way in any activities because of joint symptoms?

At risk: Those who answered “yes” are considered at risk.

Table 2: Activity limitations (overall)

Activity limitations	Frequency (n)
Have activity limitations	250
No activity limitations	254

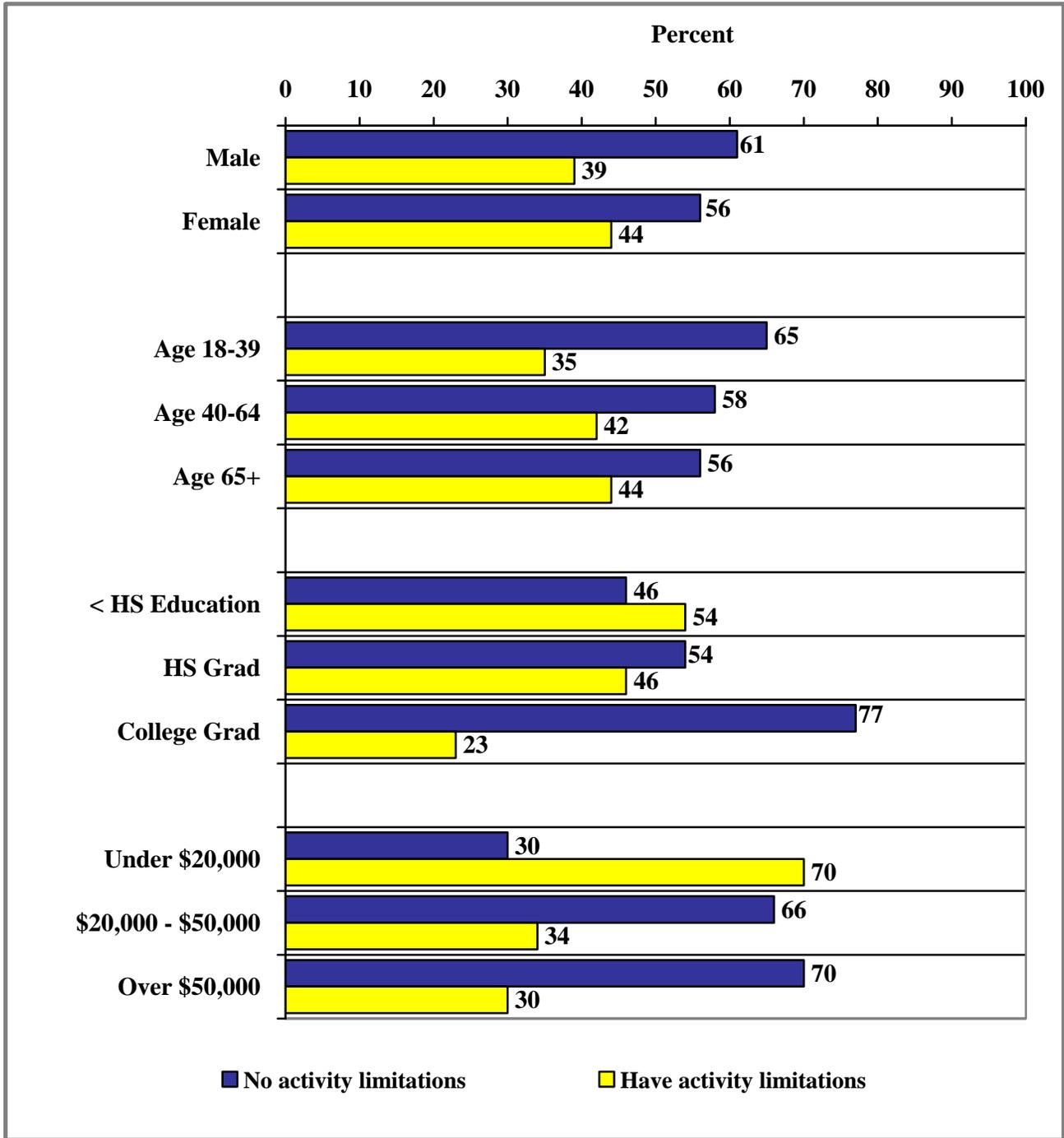
Figure 3: Activity limitations (overall)



## Arthritis (continued)

**Question:** Are you now limited in any way in any activities because of joint symptoms?

Figure 4: Activity limitations (by selected characteristics)



# Colorectal Cancer Screening

Colorectal cancer is the second leading cause of all cancer deaths in Arkansas according to the Arkansas Cancer Coalition. Some of the risk factors include age, family, history, physical inactivity, obesity and cigarette smoking.

Sigmoidoscopy and colonoscopy are exams in which a tube is inserted into the rectum to view the bowel for signs of cancer or other health problems.

## **Risk Factor Definition: Over age 50 years and never been screened**

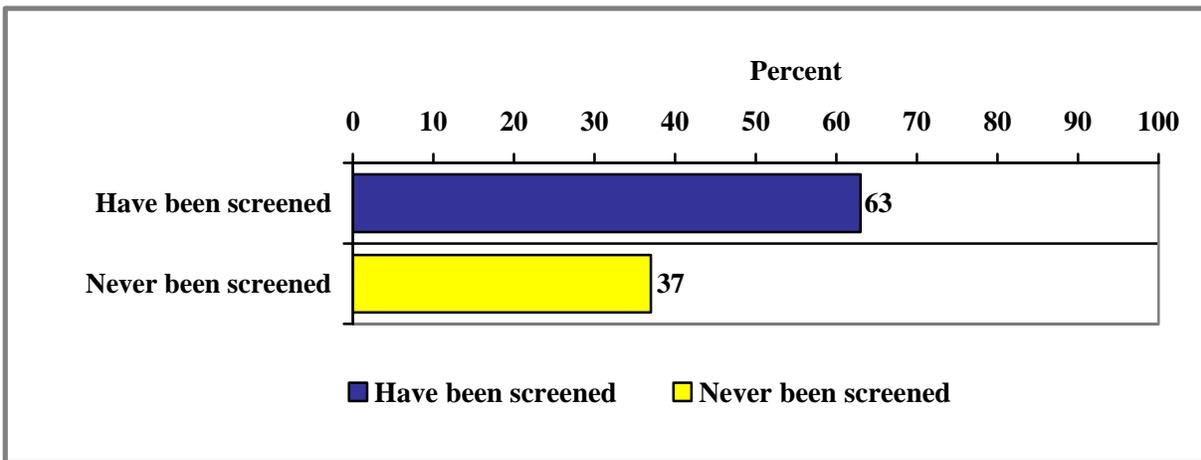
Question: Have you ever had these exams?

At risk: Those aged 50 years and older who answered “no” are considered at risk.

Table 1: Colorectal cancer screening (overall)

Colorectal cancer screening	Frequency (n)
Never been screened	252
Have been screened	356

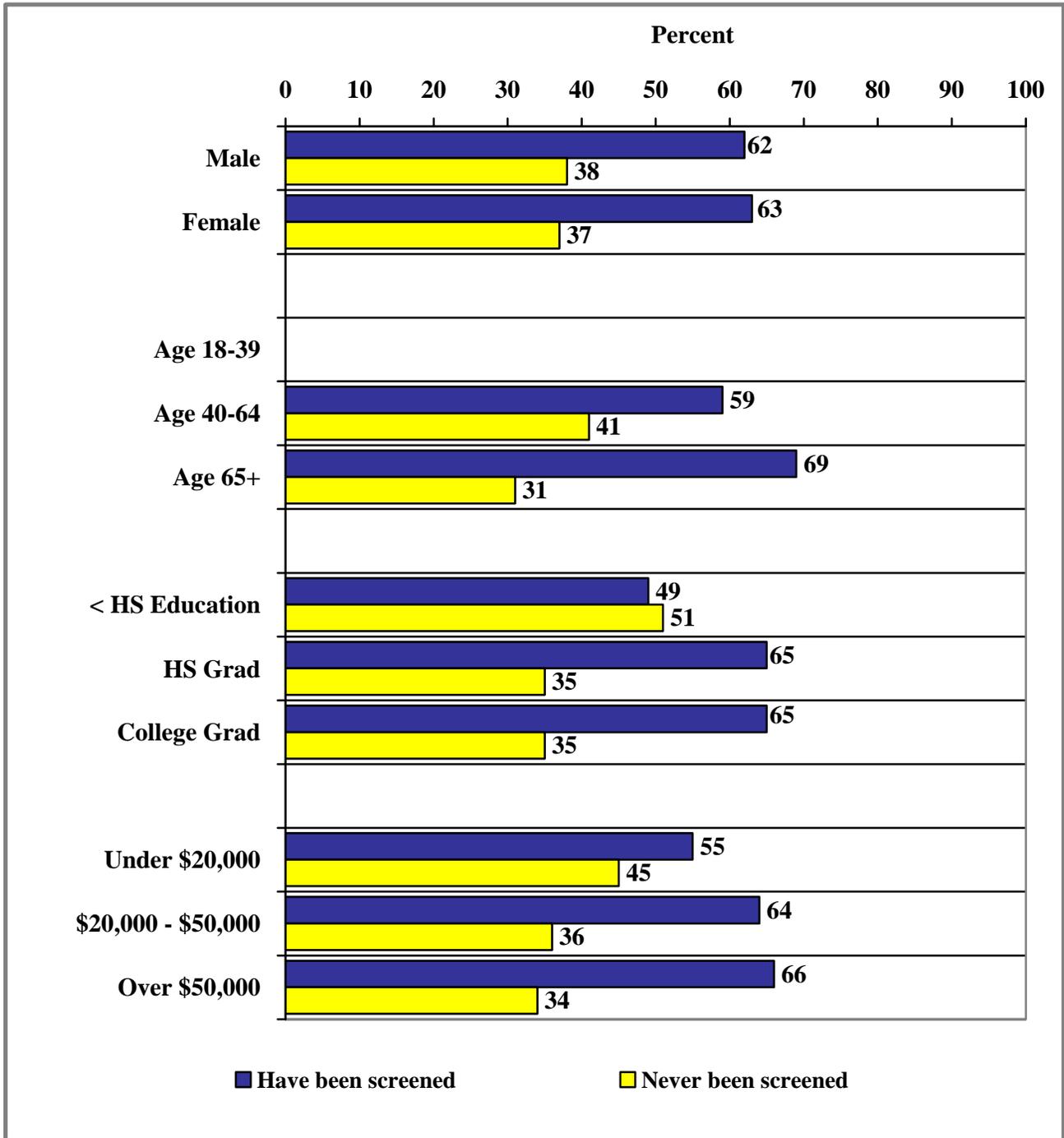
Figure 1: Colorectal cancer screening (overall)



## Colorectal Cancer Screening (continued)

**Question:** Have you ever been screened for colorectal cancer, i.e. had a sigmoidoscopy or colonoscopy?

Figure 2: Colorectal cancer screening (by selected characteristics)



# Prostate Cancer Screening

Prostate cancer is the most common form of cancer for men in Arkansas, aside from skin cancer. Age, race, family history, and diet may be risk factors for prostate cancer. Older men and African-American men are most at risk.

A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland.

## **Risk Factor Definition: Male, over age 40 years, and not screened within the past year**

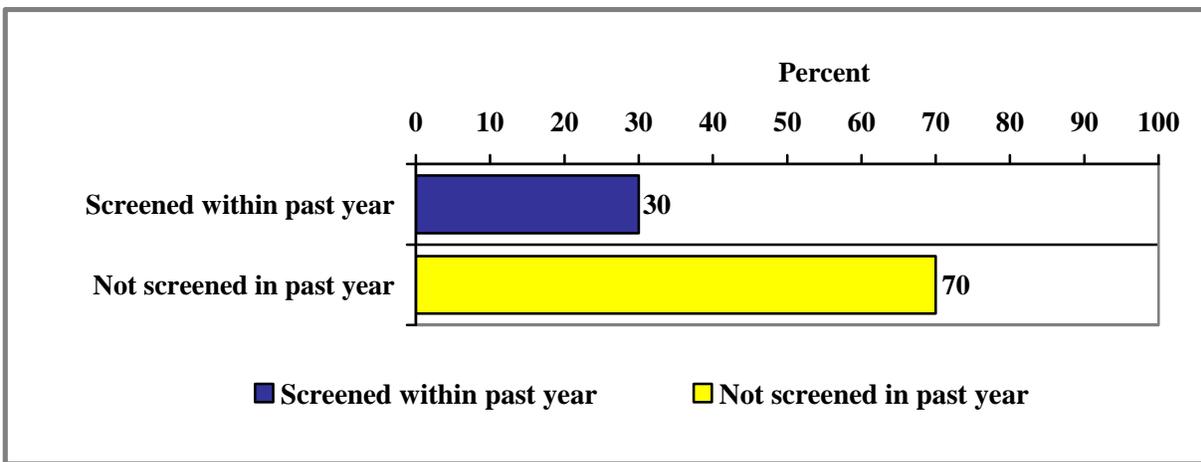
Question: Have you ever had these exams?

At risk: Those aged 40 years and older who answered “no” are considered at risk.

Table 1: Prostate cancer screening (overall)

Prostate cancer screening	Frequency (n)
Never or more than year ago	169
Within past year	95

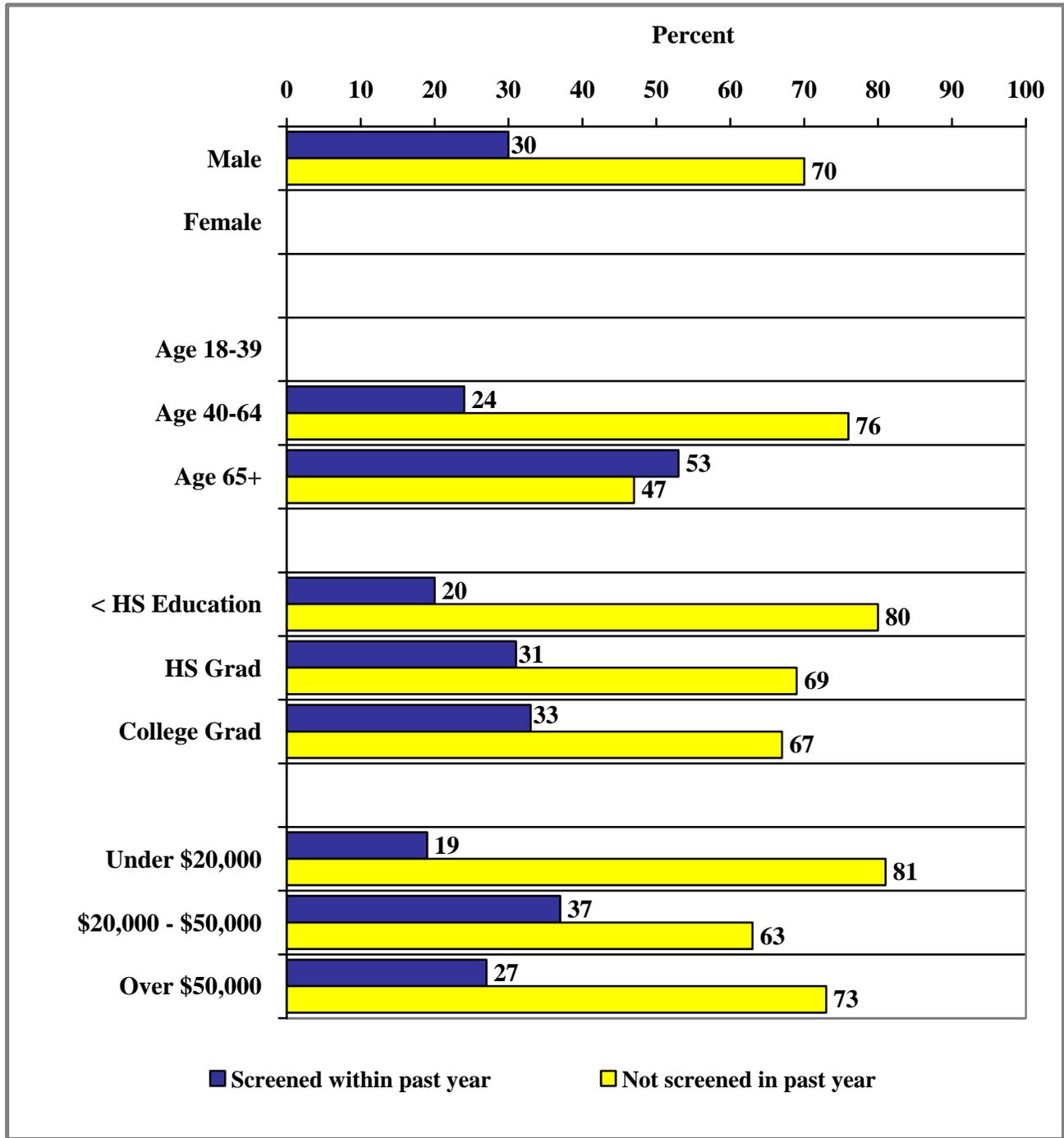
Figure 1: Prostate cancer screening (overall)



## Prostate Cancer Screening (continued)

**Question:** Have you ever been screened for prostate cancer?

**Figure 2:** Prostate cancer screening (by selected characteristics)



## Immunization – Influenza Shot

Immunization against influenza can prevent serious illness and death. Getting the flu shot not only helps you but it lessens the chance that you will spread the illness to someone else.

### **Risk Factor Definition: No influenza shot within past 12 months**

Question: During the past 12 months, have you had a flu shot?

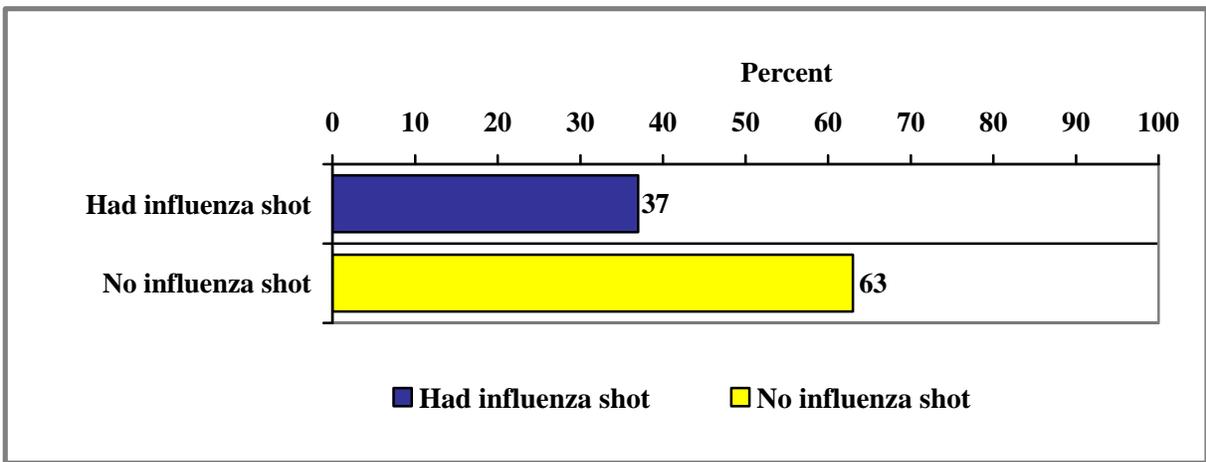
At risk: Those who answered “No” are considered at risk.



Table 1: Influenza shot (overall)

Influenza shot	Frequency (n)
No influenza shot	500
Had influenza shot	334

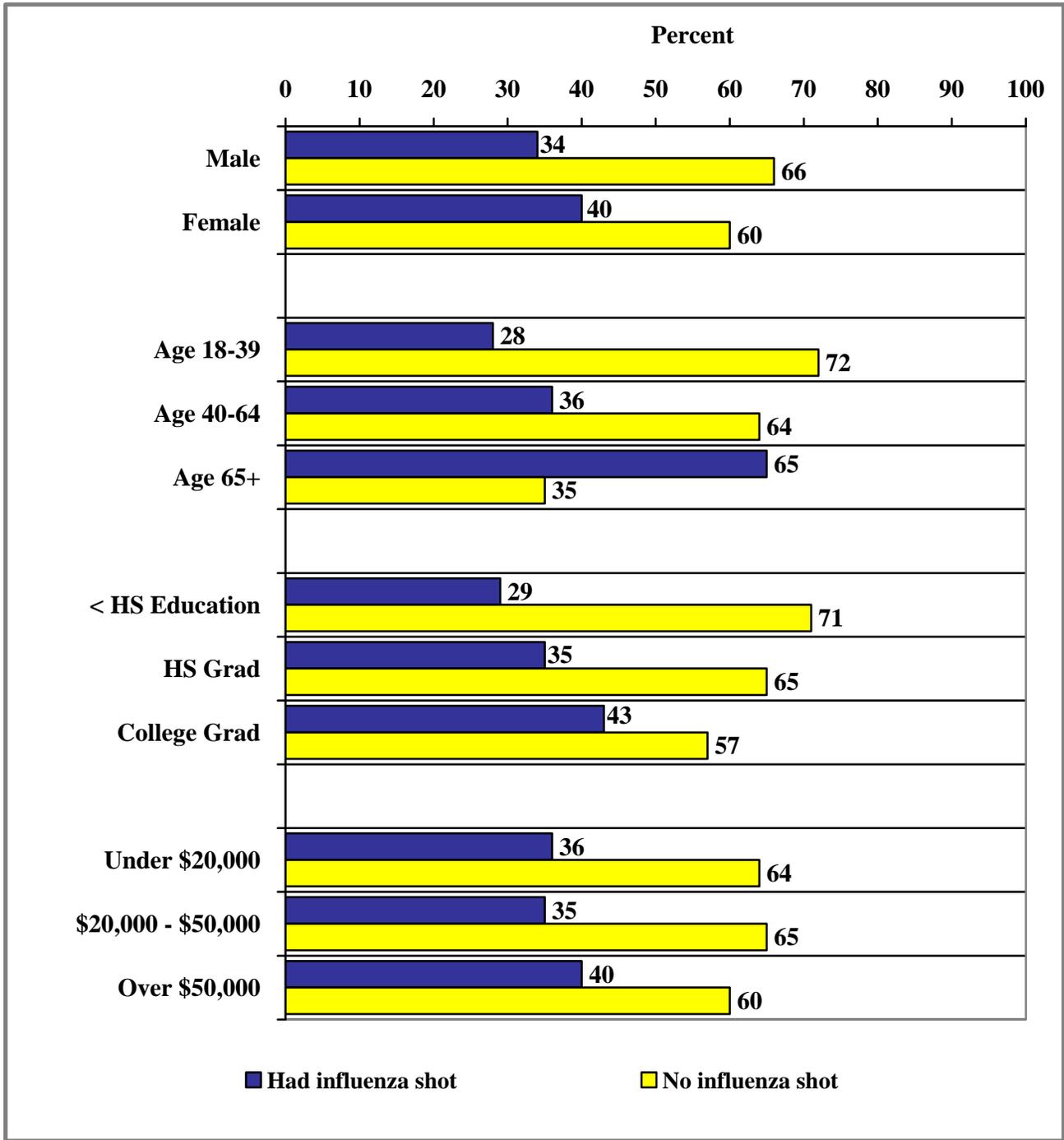
Figure 1: Influenza shot (overall)



## Immunization – Influenza Shot (continued)

**Question:** During the past 12 months, have you had a flu shot?

Figure 2: Influenza shot (by selected characteristics)



# Oral Health

## Permanent Teeth Extraction

### Risk Factor Definition: Permanent teeth extraction

Question: How many of your permanent teeth have been removed because of tooth decay or gum disease?

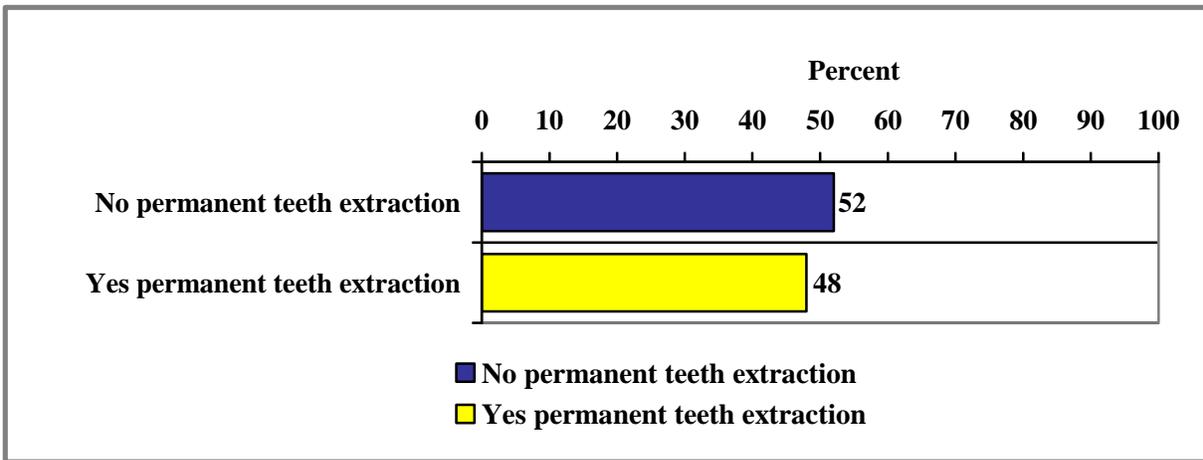
At risk: Those who answered “1 or more” are considered at risk.



Table 1: Permanent teeth extraction (overall)

Permanent teeth extraction	Frequency (n)
Permanent teeth extraction	608
No permanent teeth extraction	202

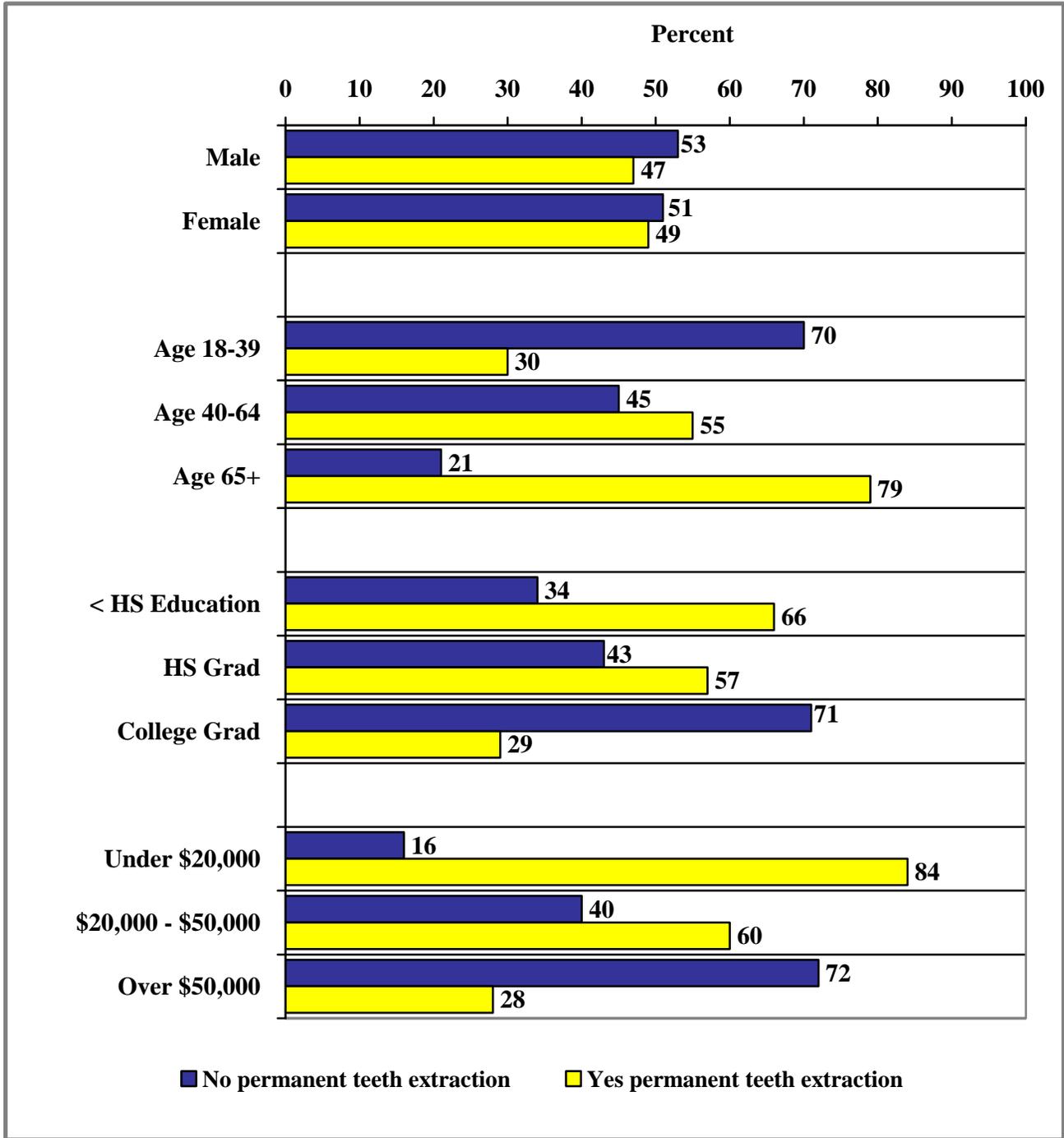
Figure 1: Permanent teeth extraction (overall)



## Oral Health (continued)

**Question:** How many of your permanent teeth have been removed because of tooth decay or gum disease?

Figure 2: Permanent teeth extraction (by selected characteristics)



## Oral Health (continued)

### Last dental visit

#### **Risk Factor Definition: Last dental visit one year or more ago**

Question: How long has it been since you last visited a dentist or dental clinic for any reason?

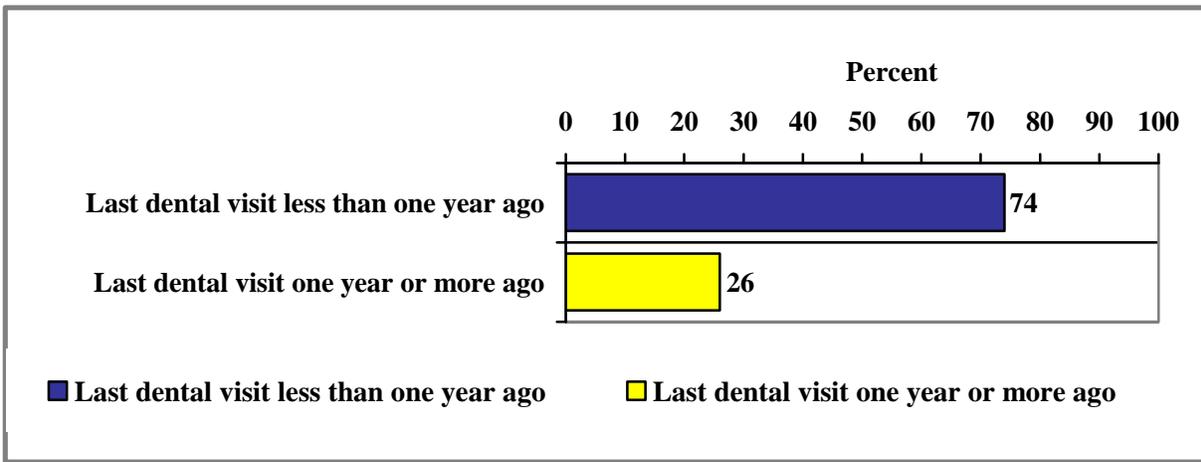
At risk: Those who answered “1 year or more” are considered at risk.



Table 2: Last dental visit (overall)

Dental visit	Frequency (n)
Last dental visit one year or more ago	386
Last dental visit less than one year ago	430

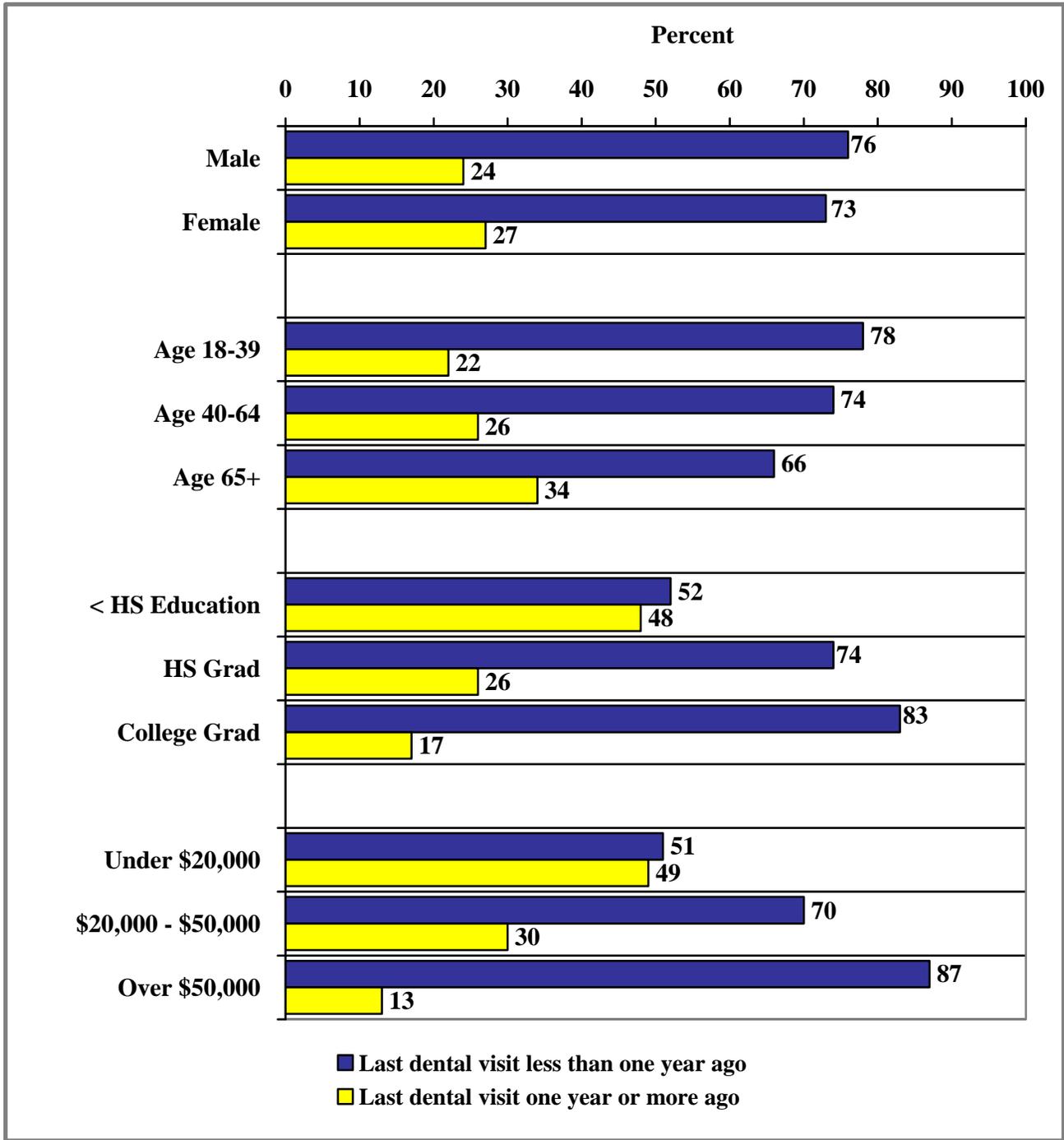
Figure 3: Last dental visit (overall)



## Oral Health (continued)

**Question:** How long has it been since you last visited a dentist or dental clinic for any reason?

Figure 4: Last dental visit (by selected characteristics)



## Physical Activity

Regular physical activity is important for people of all ages. It is important for maintaining a healthy body, enhancing quality of life, and preventing death.

### **Risk Factor Definition: Do not participate in regular physical activity**

Questions: During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

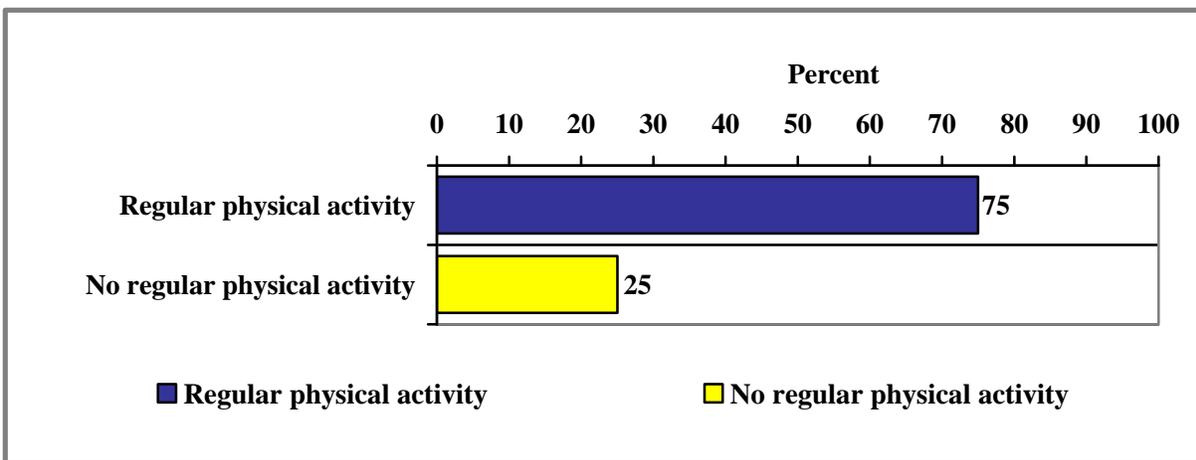
At risk: Those who do not participate in physical activity on a regular basis are at risk.



Table 1: Regular physical activity (overall)

Regular physical activity	Frequency (n)
No regular physical activity	286
Regular physical activity	555

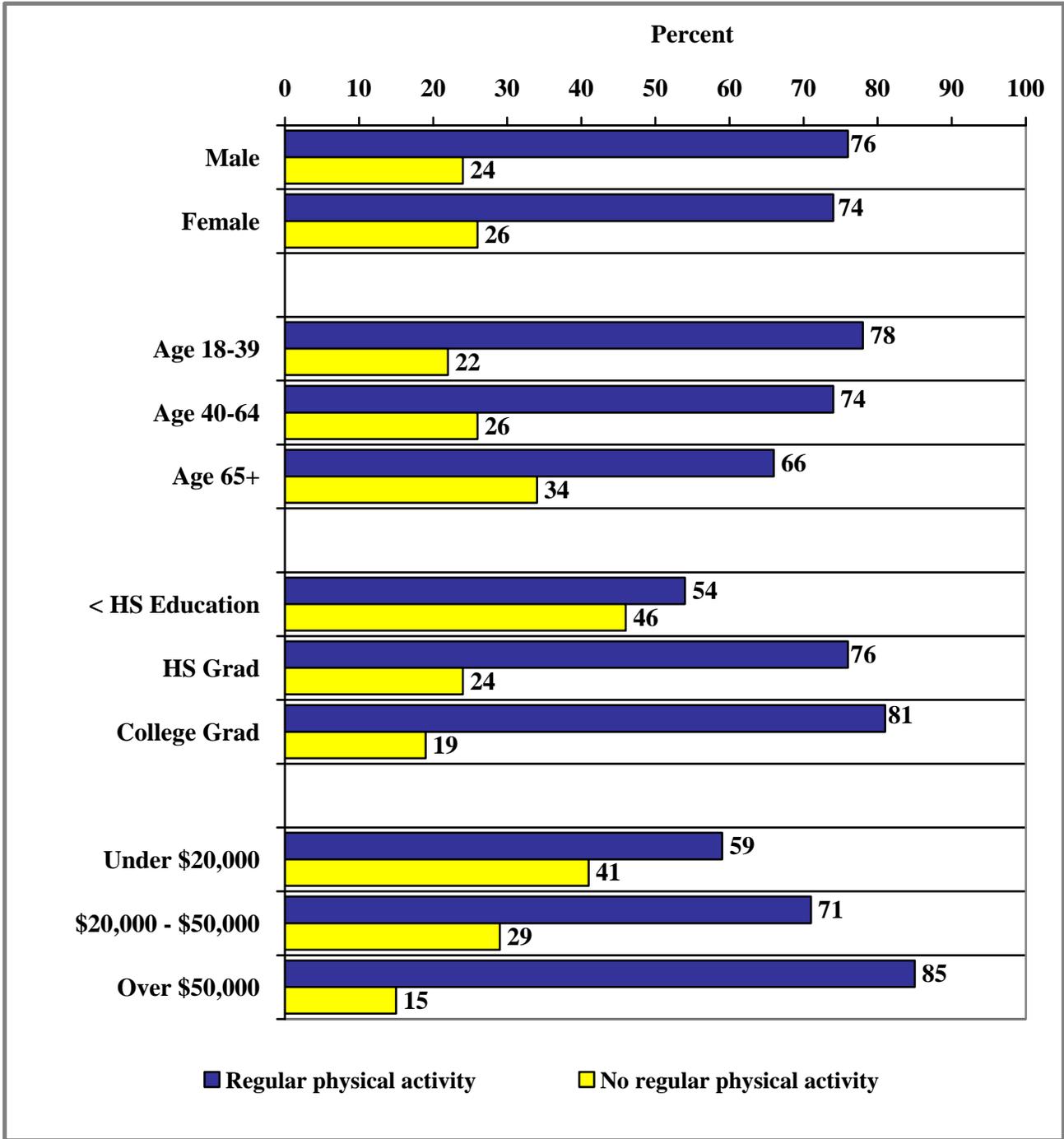
Figure 1: Regular physical activity (overall)



## Physical Activity (continued)

**Question:** During the past 30 days, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

Figure 2: Physical activity (by selected characteristics)



# Overweight

Overweight and obesity have risen considerably over the past several years and are major contributors to preventable causes of death. They raise the risk of social stigmatization, discrimination, and low-self esteem along with raising the risk of certain illnesses. Some of these illnesses include high blood pressure, high cholesterol, diabetes, heart disease, stroke, gall bladder disease, arthritis, sleep disturbance, breathing problems, and certain types of cancer.



## Risk Factor Definition: Overweight as measured by Body Mass Index (BMI)

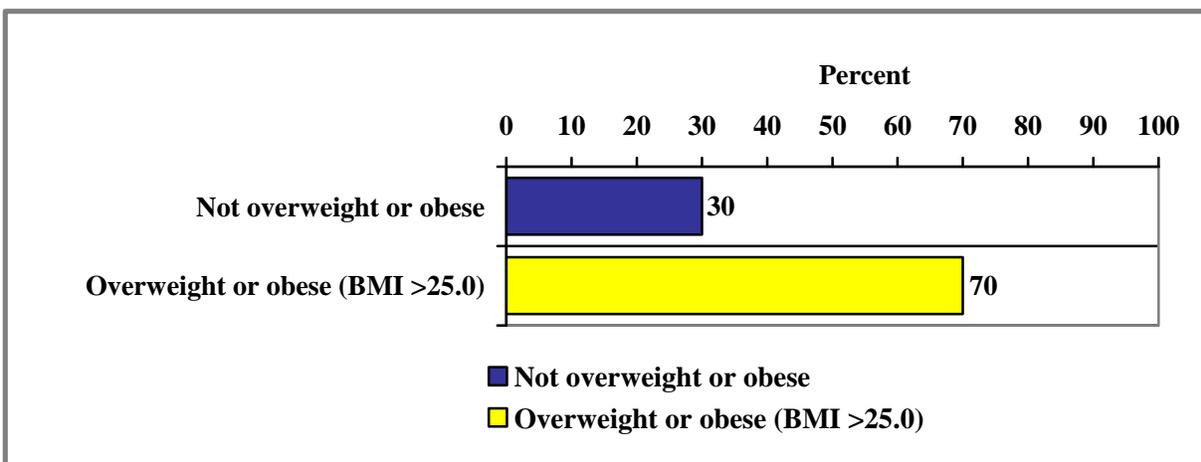
Questions: 1. How much do you weigh without shoes? 2. How tall are you without shoes?

At risk: Those with a Body Mass Index (BMI) of greater than 25.0 are overweight. BMI is a ratio of weight to height.

Table 1: Bodyweight (overall)

Overweight or obese	Frequency (n)
Overweight or obese BMI > 25	526
Not overweight or obese BMI < 25	269

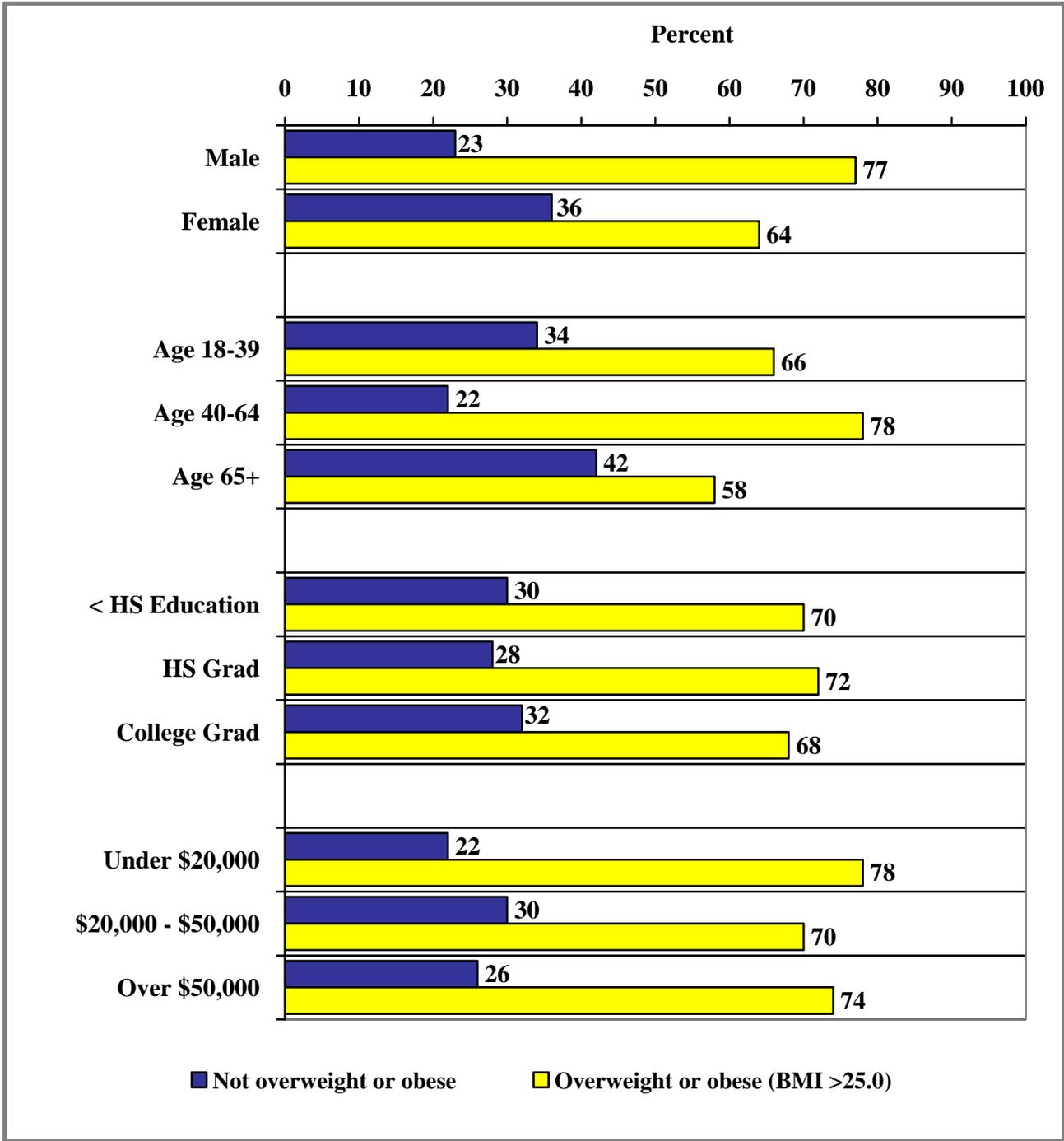
Figure 2: Bodyweight (overall)



## Overweight (continued)

**Questions:** 1. How much do you weigh without shoes? 2. How tall are you without shoes?

Figure 2: Bodyweight (by selected characteristics)



# Fruits and Vegetables

## **Risk Factor Definition: Fewer than 5 fruits and vegetables per day**

**Question:** How often do you eat fruits, green salad or other vegetables or drink fruit juice per day?

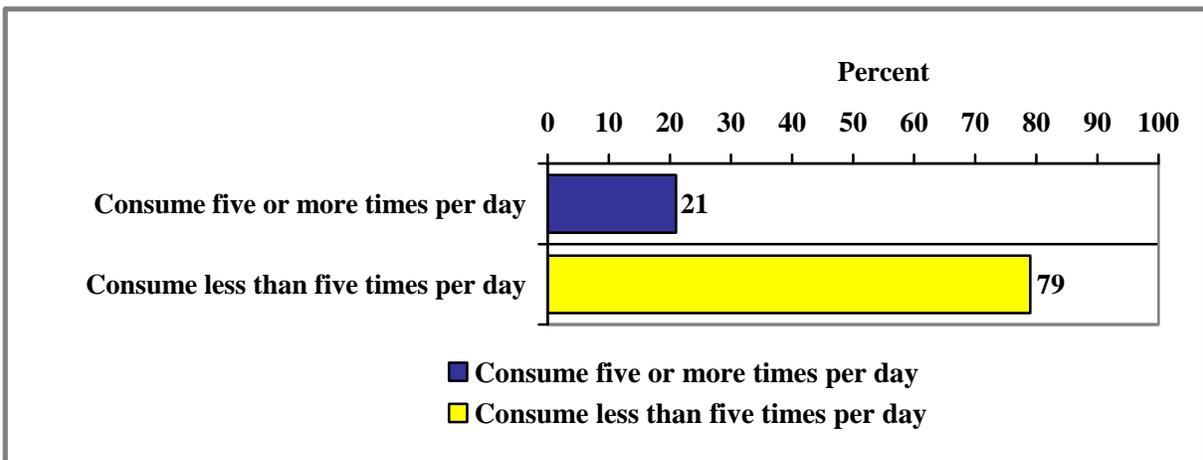
**At risk:** Those who answered “less than 5 times per day” are considered at risk.



**Table 1:** Consumption of fruits and vegetables (overall)

Fruits and vegetables	Frequency (n)
Consume less than 5 times per day	663
Consume 5 or more times per day	159

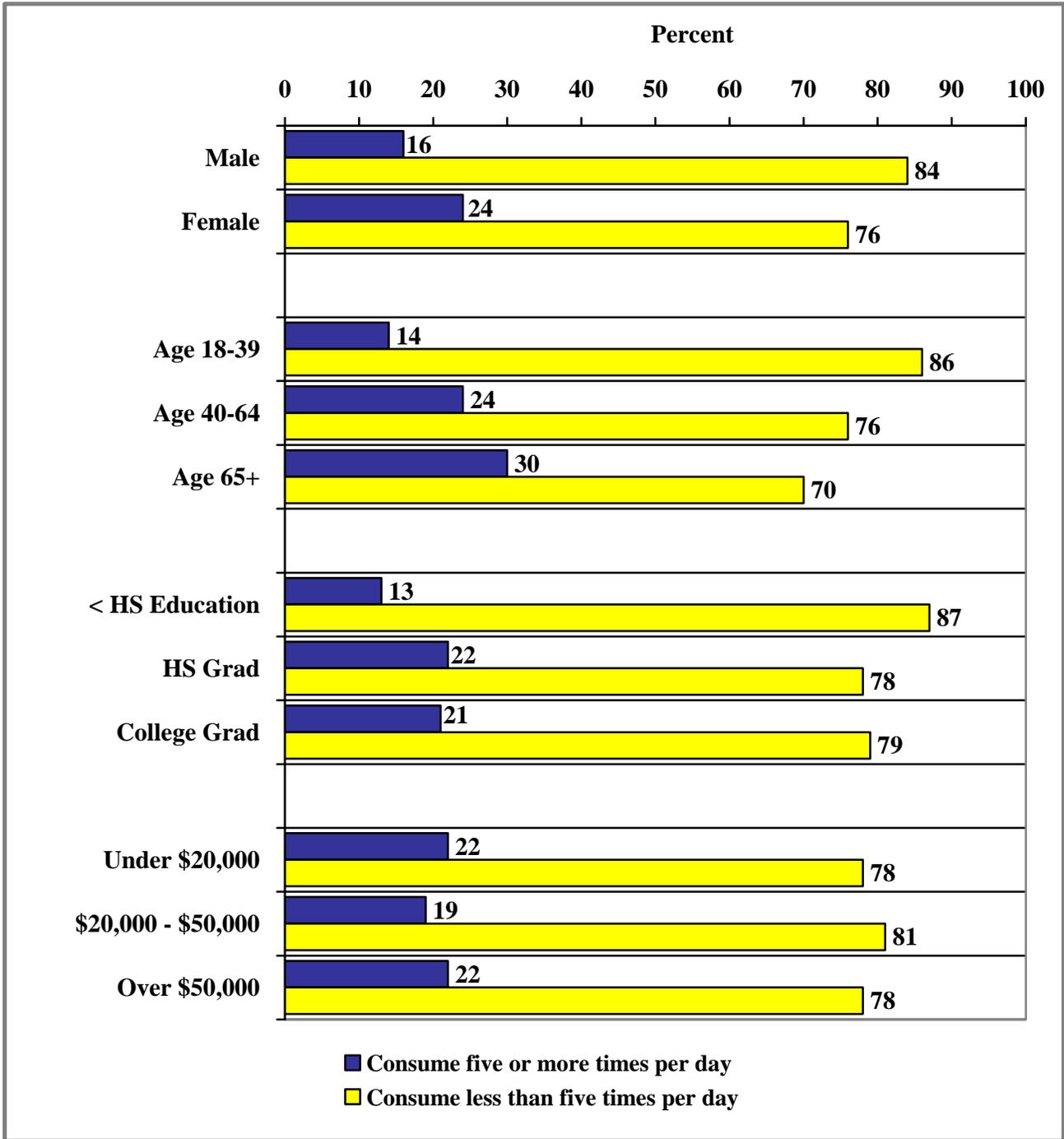
**Figure 1:** Consumption of fruits and vegetables (overall)



## Fruits and Vegetables (continued)

**Question:** How often do you eat fruits, green salad or other vegetables or drink fruit juice per day?

**Figure 2:** Consumption of fruits and vegetables (by selected characteristics)



# Disability

Survey respondents were asked about health problems or impairments they had. These include impairments that are either present at birth or acquired from illness or injury. People with disabilities face special challenges related to health, productivity, independence, and quality of life.

## Limitations due to physical, mental or emotional problems

### Risk Factor Definition: Limitations due to physical, mental, or emotional problems

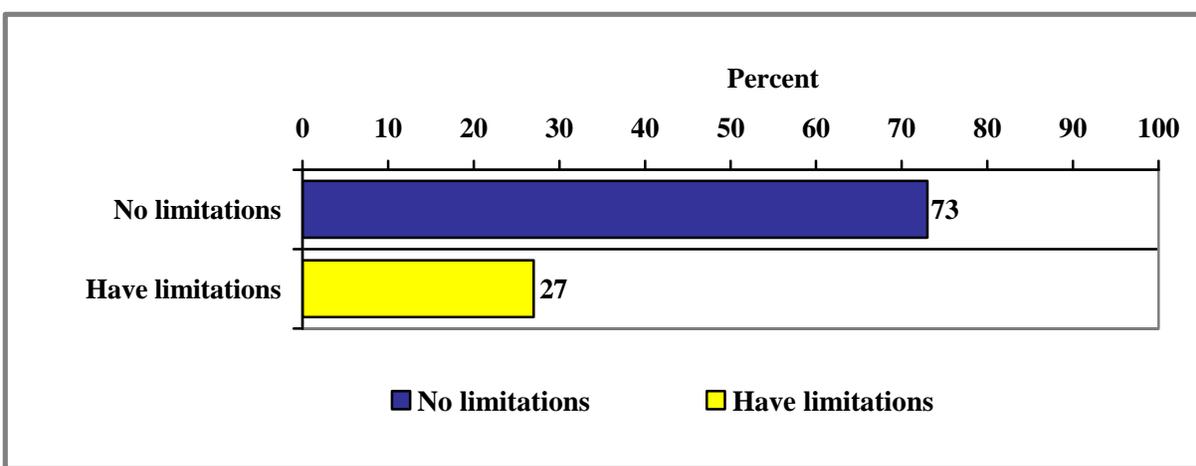
Question: Are you limited in any way in any activities because of physical, mental, or emotional problems?

At risk: Those who answered “yes” are considered at risk.

Table 1: Limitations due to physical, mental or emotional problems (overall)

Limitations due to physical, mental or emotional problems	Frequency (n)
Limitations	320
No limitations	496

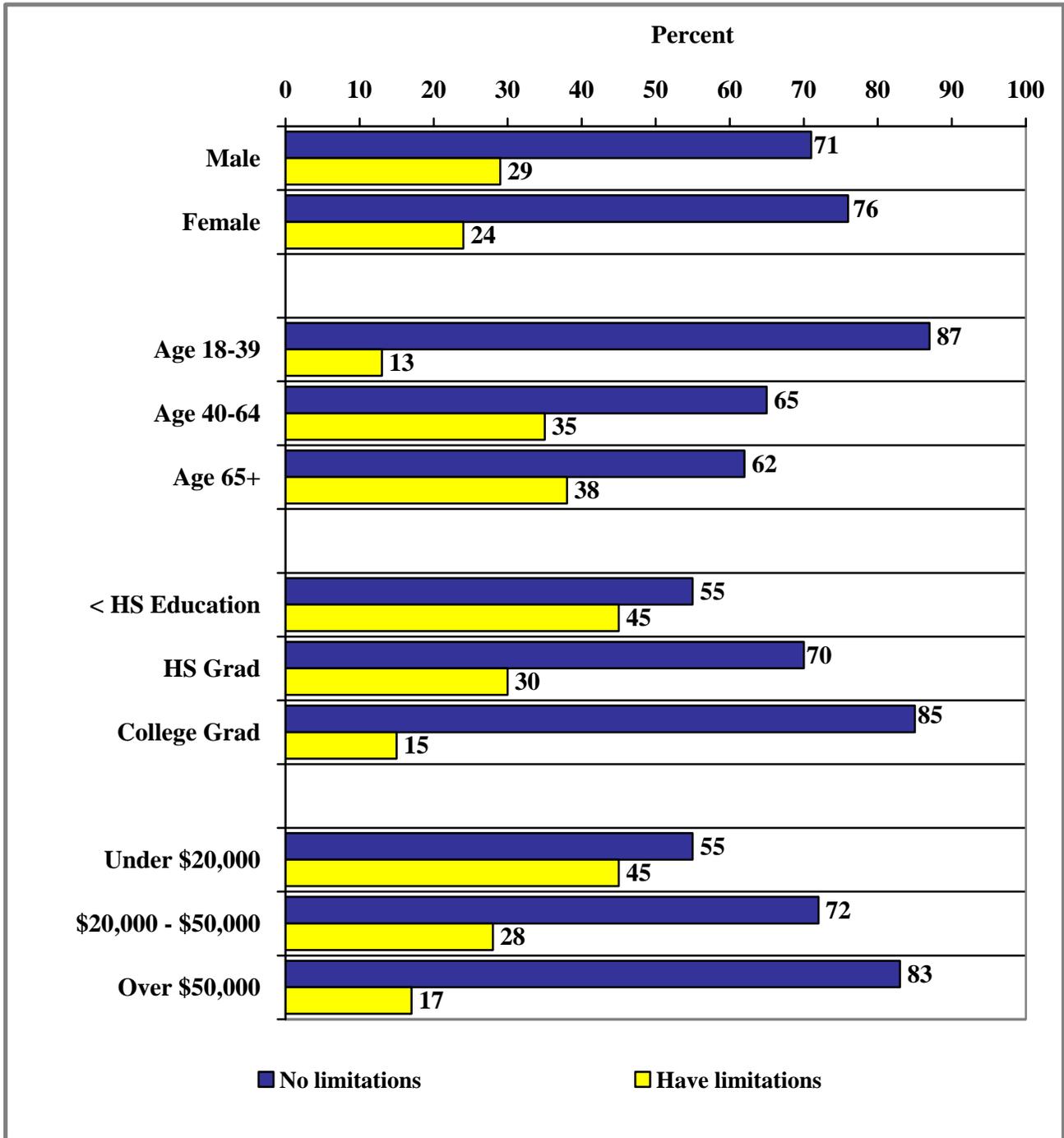
Figure 1: Limitations due to physical, mental or emotional problems (overall)



## Disability (continued)

**Question:** Are you limited in any way in any activities because of physical, mental, or emotional problems?

Figure 2: Limitations due to physical, mental or emotional problems (by selected characteristics)



## Disability (continued)

### Use of special equipment

#### **Risk Factor Definition: Use of special equipment**

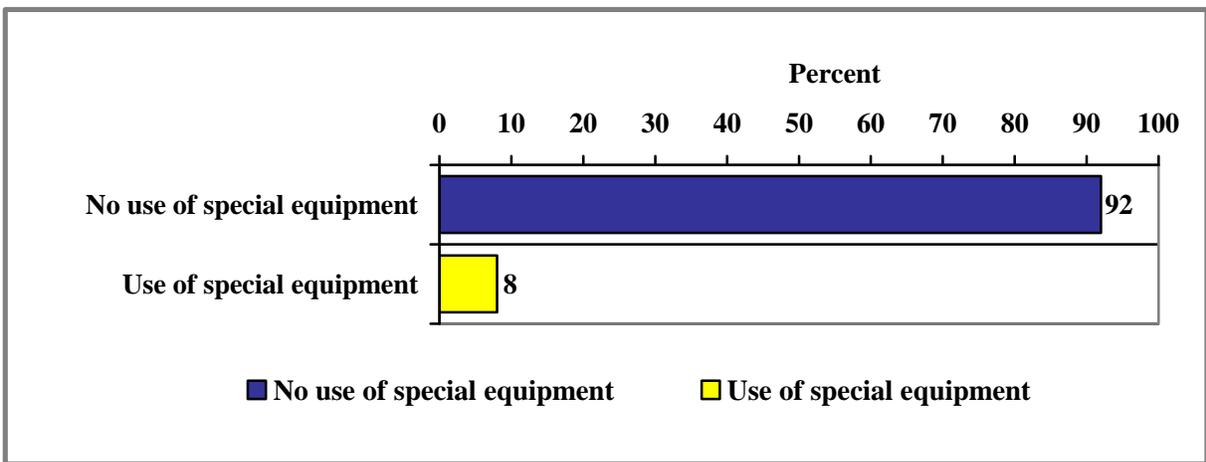
**Question:** Do you have any health problem that requires you to use special equipment, such as a cane, wheelchair, or special telephone?

**At risk:** Those who answered “yes” are considered at risk.

**Table 2:** Use of special equipment (overall)

Use of special equipment	Frequency (n)
Use of special equipment	137
No use of special equipment	679

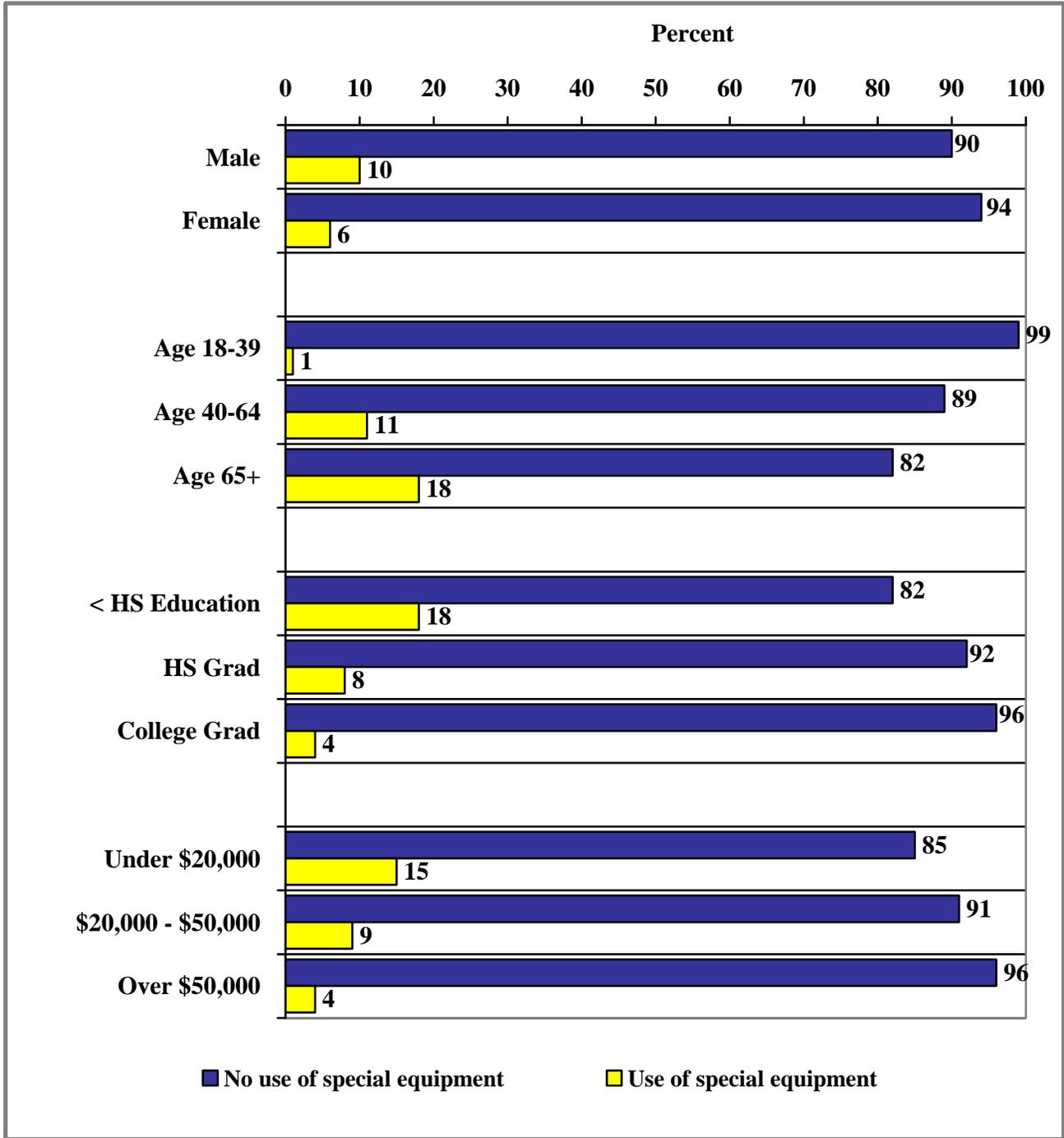
**Figure 3:** Use of special equipment (overall)



## Disability (continued)

**Question:** Do you have any health problem that requires you to use special equipment?

Figure 4: Use of special equipment (by selected characteristics)



## Disability (continued)

### Social and emotional support

#### **Risk Factor Definition: “Rarely or “never” get needed social and emotional support**

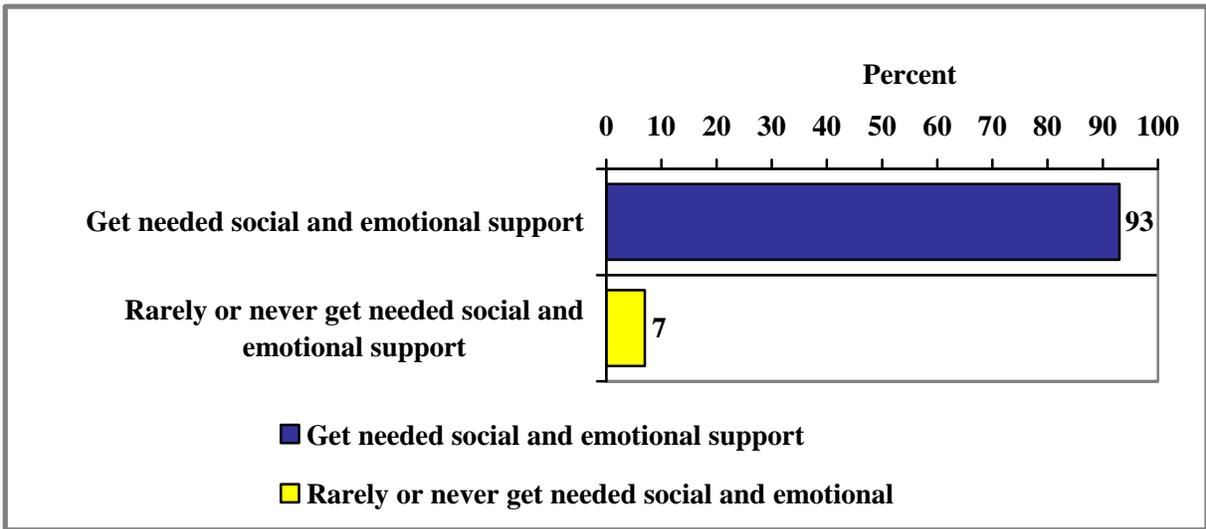
Question: How often do you get the social and emotional support that you need?

At risk: Those who answered “rarely or “never” are considered at risk.

Table 3: Social and emotional support (overall)

Social and emotional support	Frequency (n)
Rarely or never get needed social/emotional support	100
Get needed social/emotional support	707

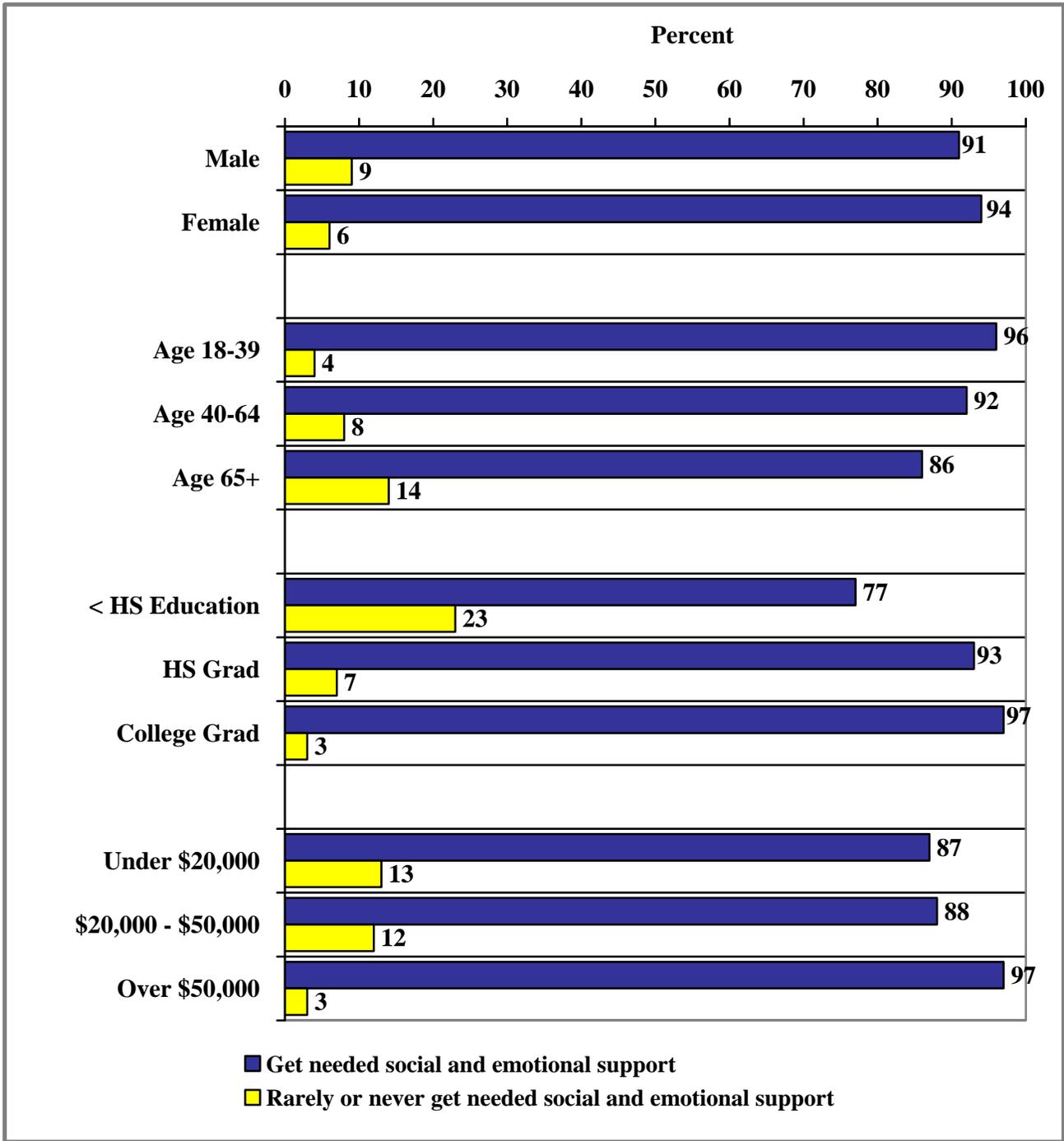
Figure 5: Social and emotional support (overall)



## Disability (continued)

**Question:** How often do you get the social and emotional support you need?

**Figure 6:** Social and emotional support (by selected characteristics)



## Disability (continued)

### Satisfaction with life

#### **Risk Factor Definition: “Dissatisfied” or “Very dissatisfied” with life**

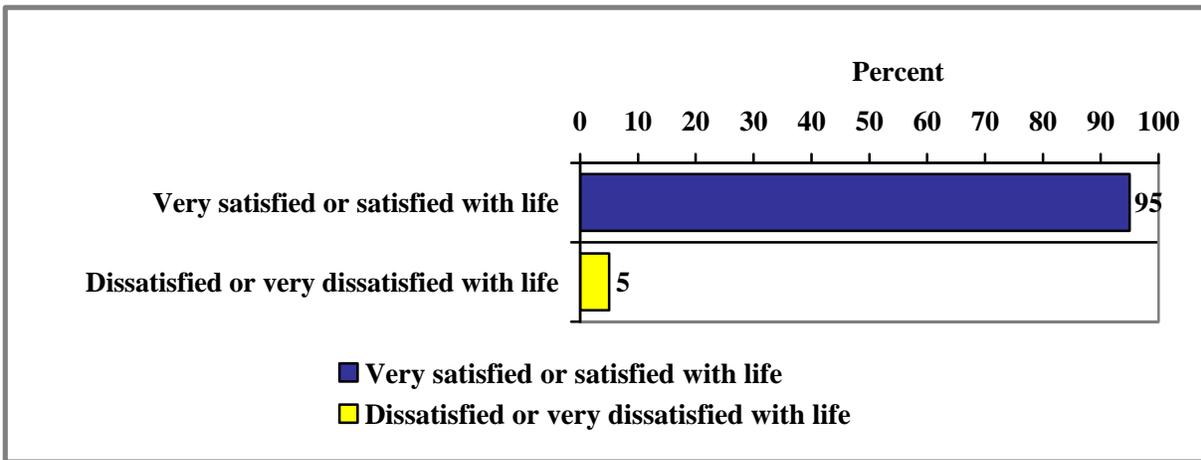
Question: In general, how satisfied are you with life?

At risk: Those who answered “dissatisfied” or “very dissatisfied” with life are considered at risk.

Table 4: Satisfaction with life (overall)

Satisfaction with life	Frequency (n)
Dissatisfied or very dissatisfied with life	59
Very satisfied or satisfied with life	743

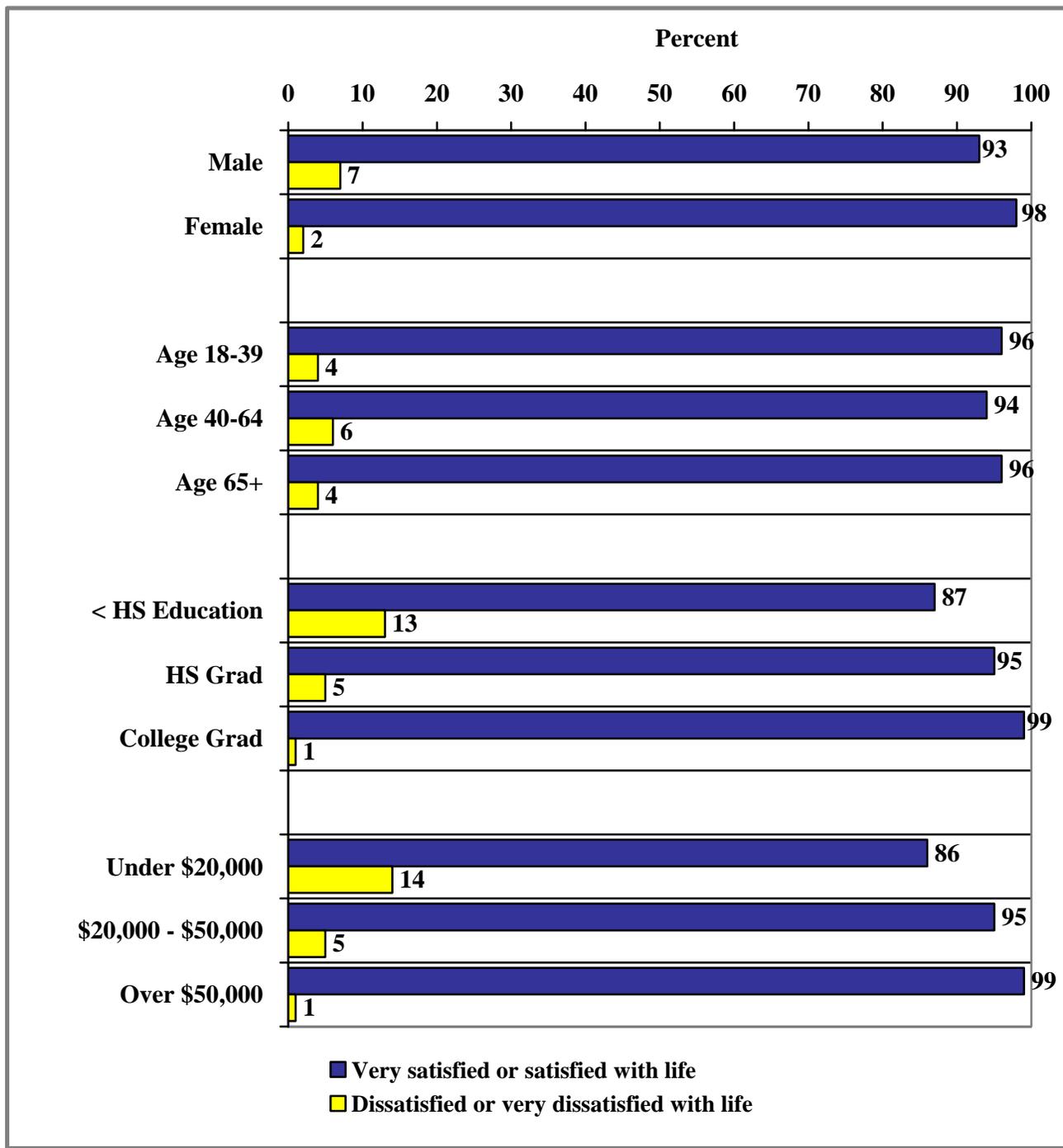
Figure 7: Satisfaction with life (overall)



## Disability (continued)

**Question:** In general, how satisfied are you with life?

Figure 8: Satisfaction with life (by selected characteristics)



## Alcohol Consumption

Many serious problems are associated with alcohol use. These include violence and injury.

### Any Alcoholic Drink

#### **Risk Factor Definition: Had one drink of alcohol**

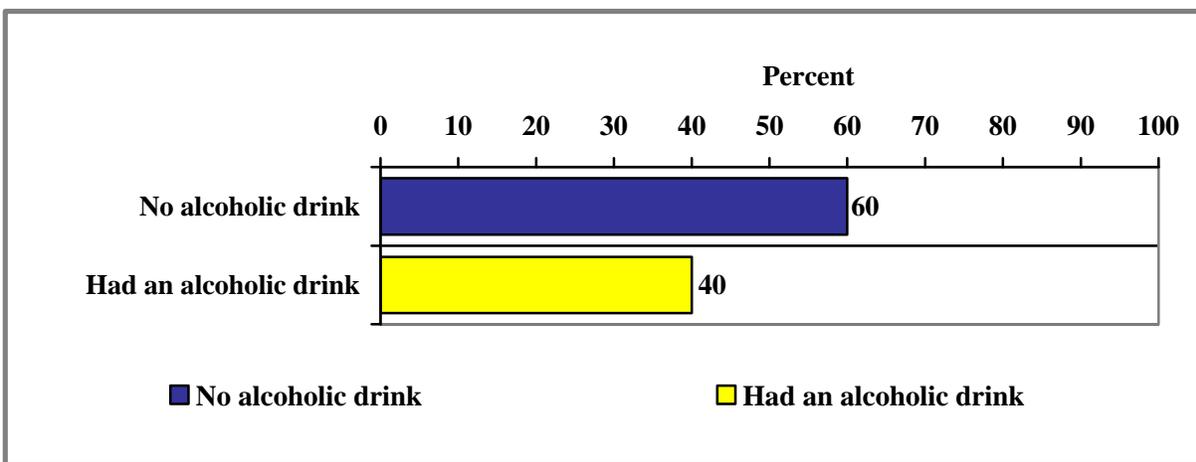
Question: During the thirty days preceding the survey, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

At risk: Those who answered “yes” are considered at risk.

Table 1: Any alcoholic drink (overall)

Any alcoholic drink	Frequency (n)
Had an alcoholic drink	238
No alcoholic drink	597

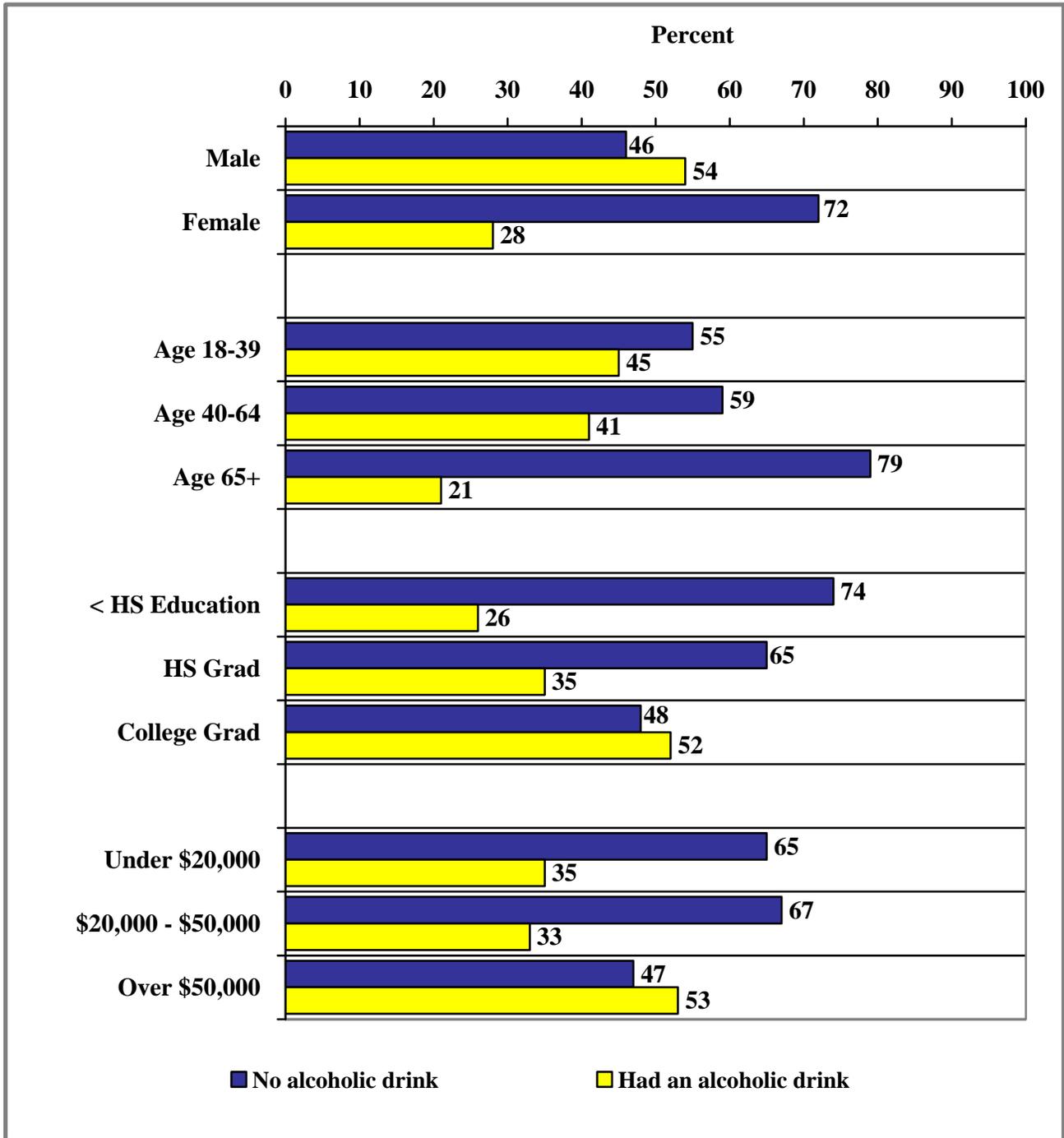
Figure 1: Any alcoholic drink (overall)



## Alcohol Consumption (continued)

**Question: During the thirty days preceding the survey, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?**

Figure 2: Any alcoholic drink (by selected characteristics)



## Alcohol Consumption (continued)

### Binge Drinking

#### **Risk Factor Definition: Binge drinking**

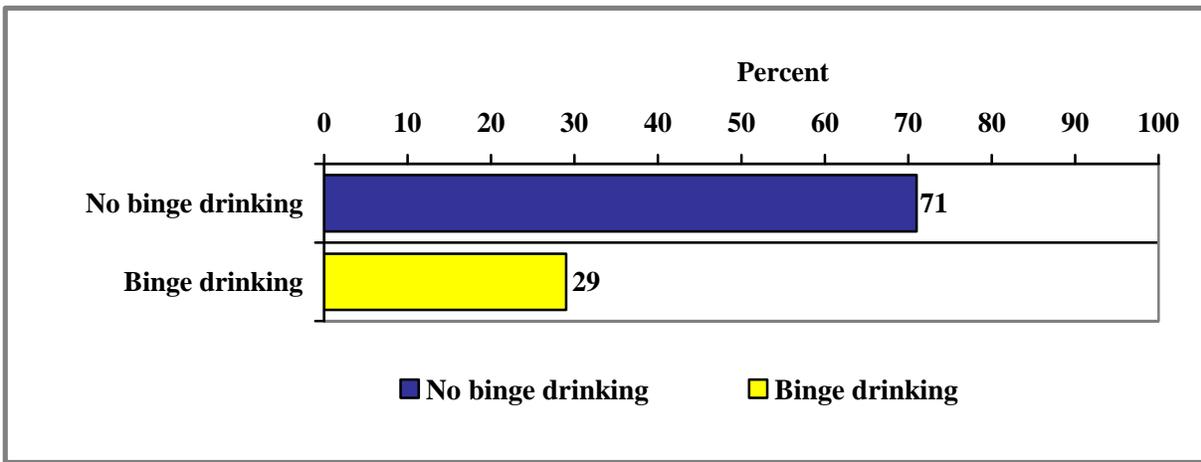
**Question:** Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on one occasion?

**At risk:** Of those respondents who reported that they had at least one alcoholic drink in the thirty days preceding the survey, those who reported that they had five or more drinks in a row on one or more occasion during the past month are considered at risk.

Table 2: Binge drinking (overall)

Binge drinking	Frequency (n)
Binge drinking	64
No binge drinking	168

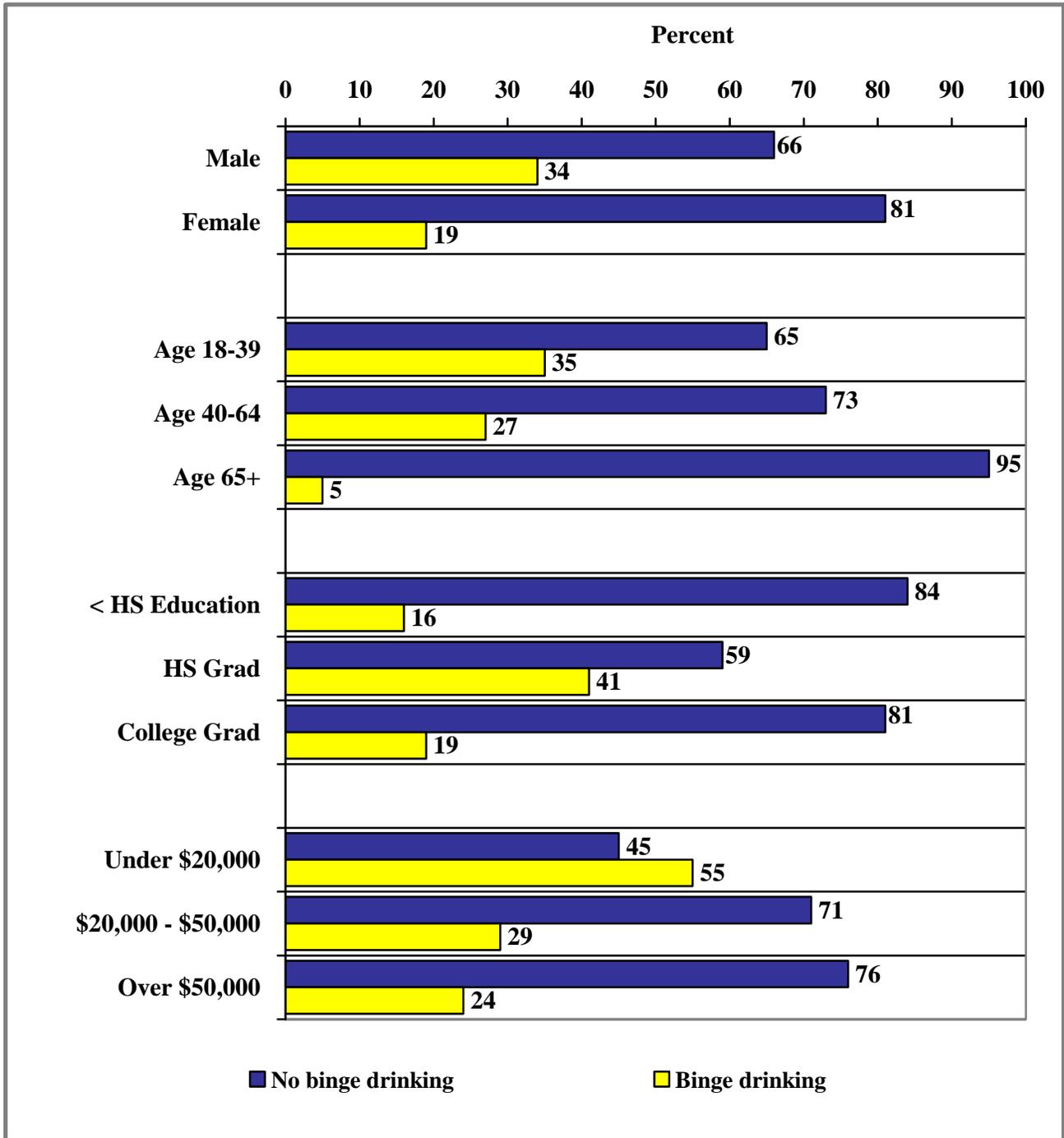
Figure 3: Binge drinking (overall)



## Alcohol Consumption (continued)

**Question: Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on one occasion?**

**Figure 4: Binge drinking (by selected characteristics)**



# Tobacco Use

Questions regarding cigarette smoking, attempts to quit smoking, smoking in the household, and other uses of tobacco were asked as part of the Craighead County Adult Health Survey. Cigarette smoking is the single most preventable cause of disease and death. Smoking is a major risk factor for heart disease, stroke, lung cancer, and chronic lung disease.

## Cigarette Use

### Risk Factor Definition: Ever smoked cigarettes

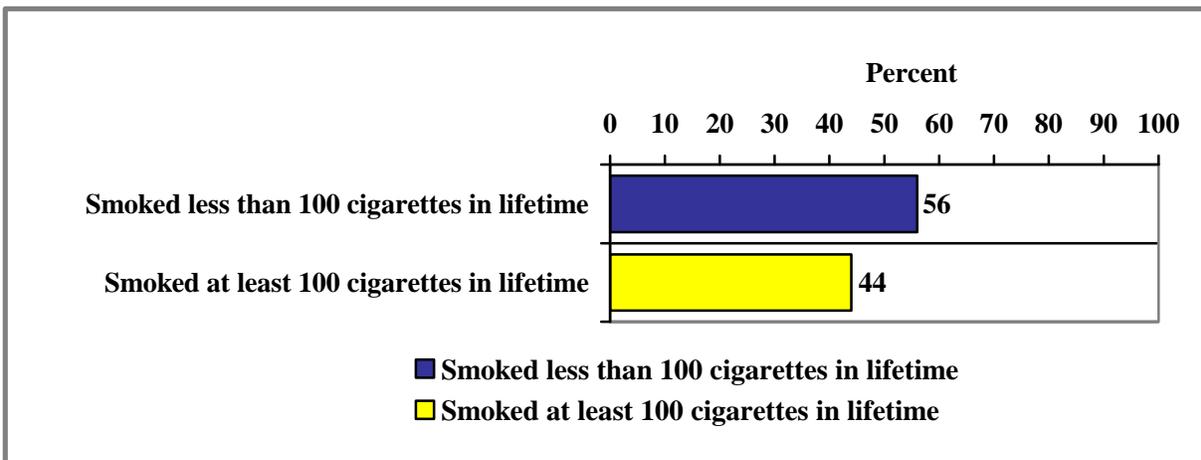
Question: Have you smoked at least 100 cigarettes in your entire lifetime?

At risk: Those respondents who answered “yes” are considered at risk.

Table 1: Cigarette use (overall)

Cigarette use	Frequency (n)
Smoked at least 100 cigarettes in lifetime	478
Smoked less than 100 cigarettes in lifetime	355

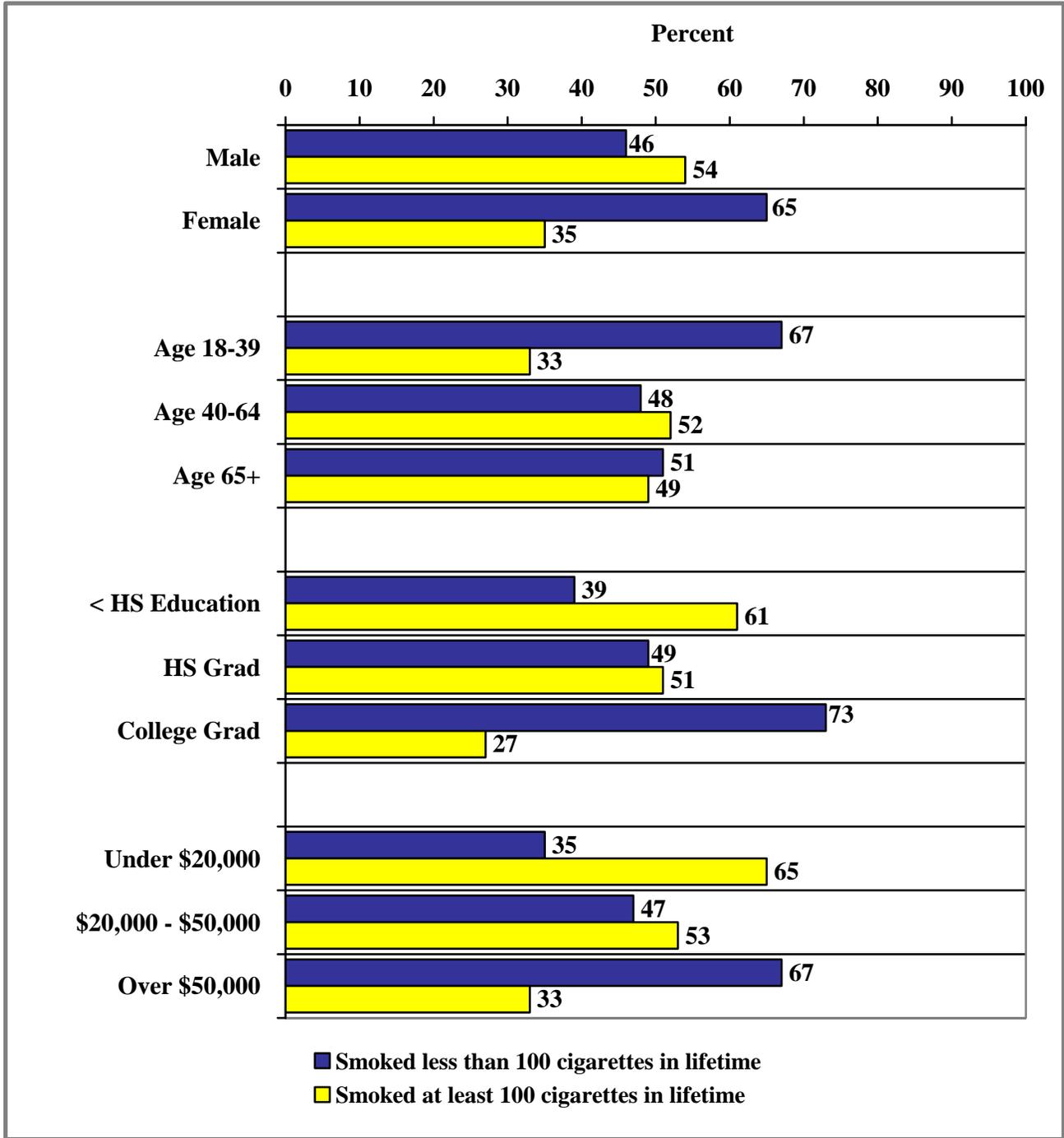
Figure 1: Cigarette use (overall)



## Tobacco Use (continued)

**Question:** Have you smoked at least 100 cigarettes in your entire lifetime?

Figure 2: Cigarette Use (by selected characteristics)



## Tobacco Use (continued)

### Current cigarette use

#### **Risk Factor Definition: Currently smoke cigarettes**

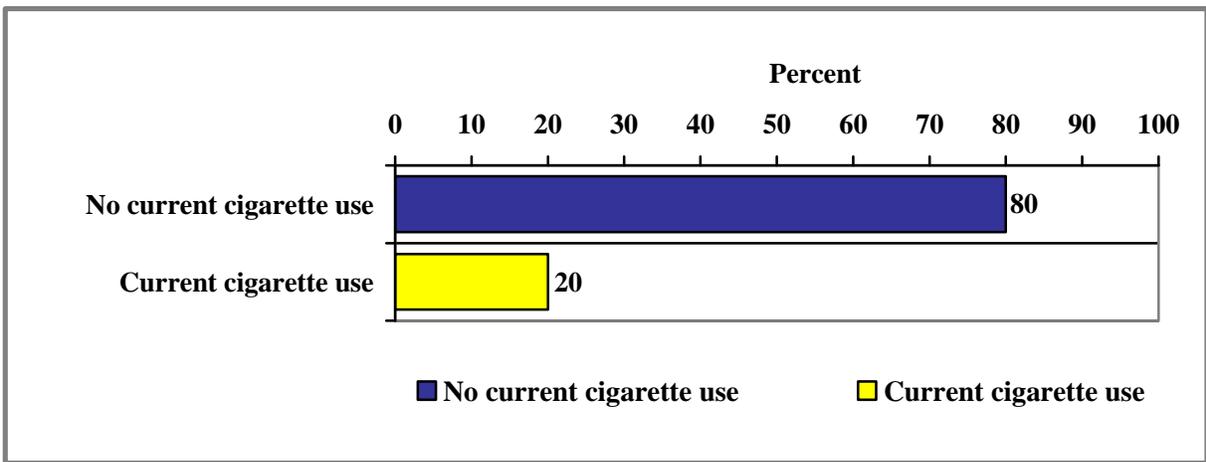
Question: Do you smoke cigarettes every day, some days, or not at all?

At risk: Those respondents who reported that they now smoke cigarettes “every day” or “some days” (i.e. current cigarette use) are considered at risk.

Table 2: Current cigarette use (overall)

Current smoker	Frequency (n)
Current cigarette use	191
No current cigarette use	640

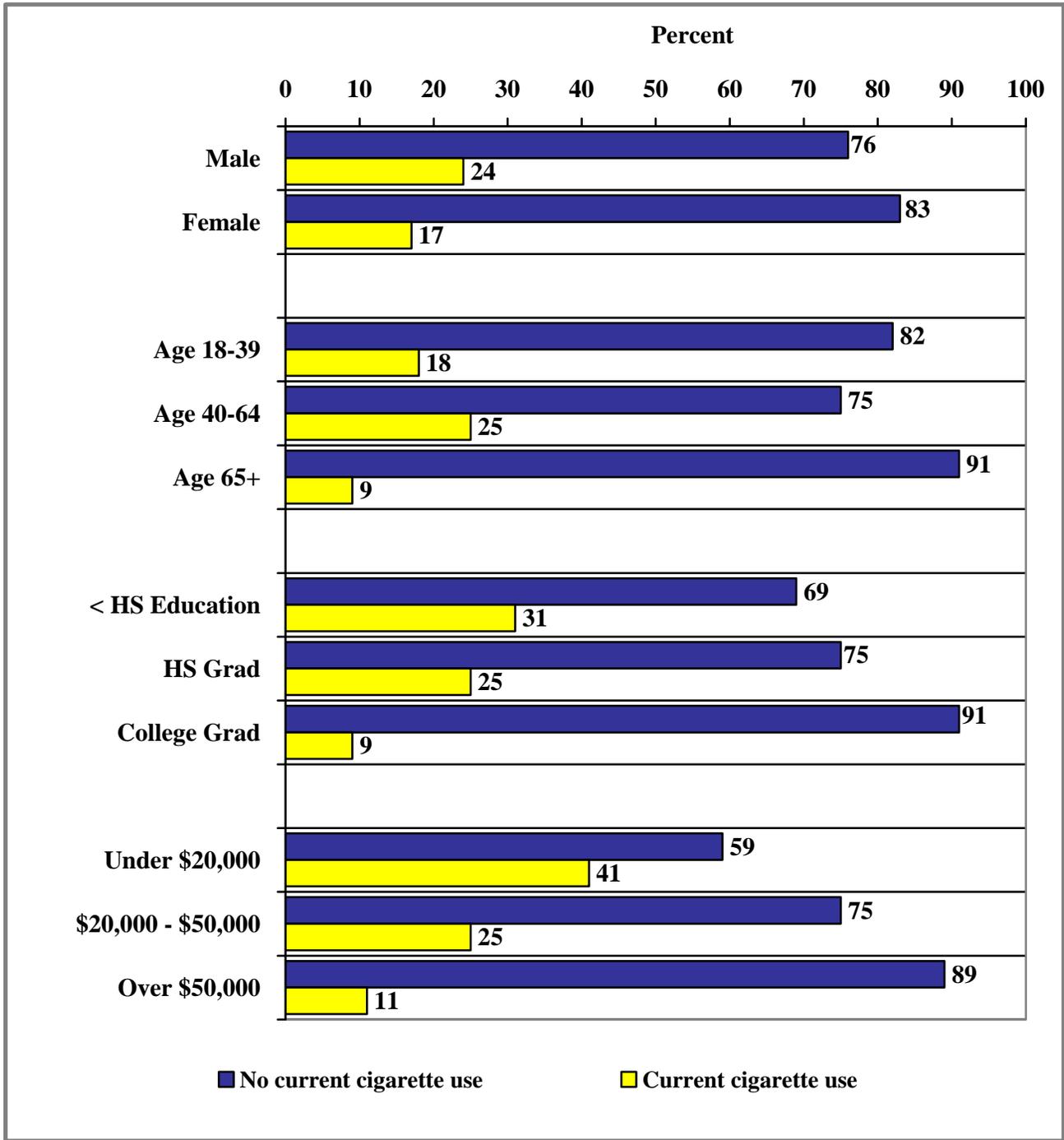
Figure 3: Current cigarette use (overall)



## Tobacco Use (continued)

**Question: Do you smoke cigarettes every day, some days, or not at all?**

**Figure 4: Current cigarette use (by selected characteristics)**



## Tobacco Use (continued)

### Cigarette Smoking Cessation

#### **Risk Factor Definition: No smoking cessation (no attempts to quit smoking)**

Question: During the past 12 months, have you quit smoking for one day or longer?

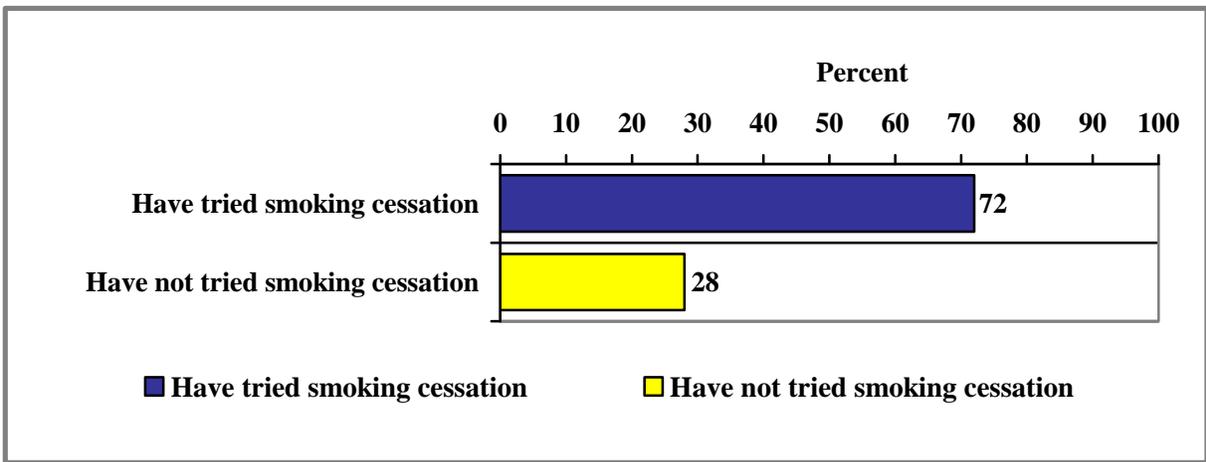
At risk: **Of those adults who reported current cigarette use**, those respondents who reported that they had made no attempt to stop smoking for one day or longer during the twelve months preceding the survey are considered at risk for continued cigarette smoking.



Table 3: Smoking cessation (overall)

Smoking cessation	Frequency (n)
Have not tried smoking cessation	86
Have tried smoking cessation	105

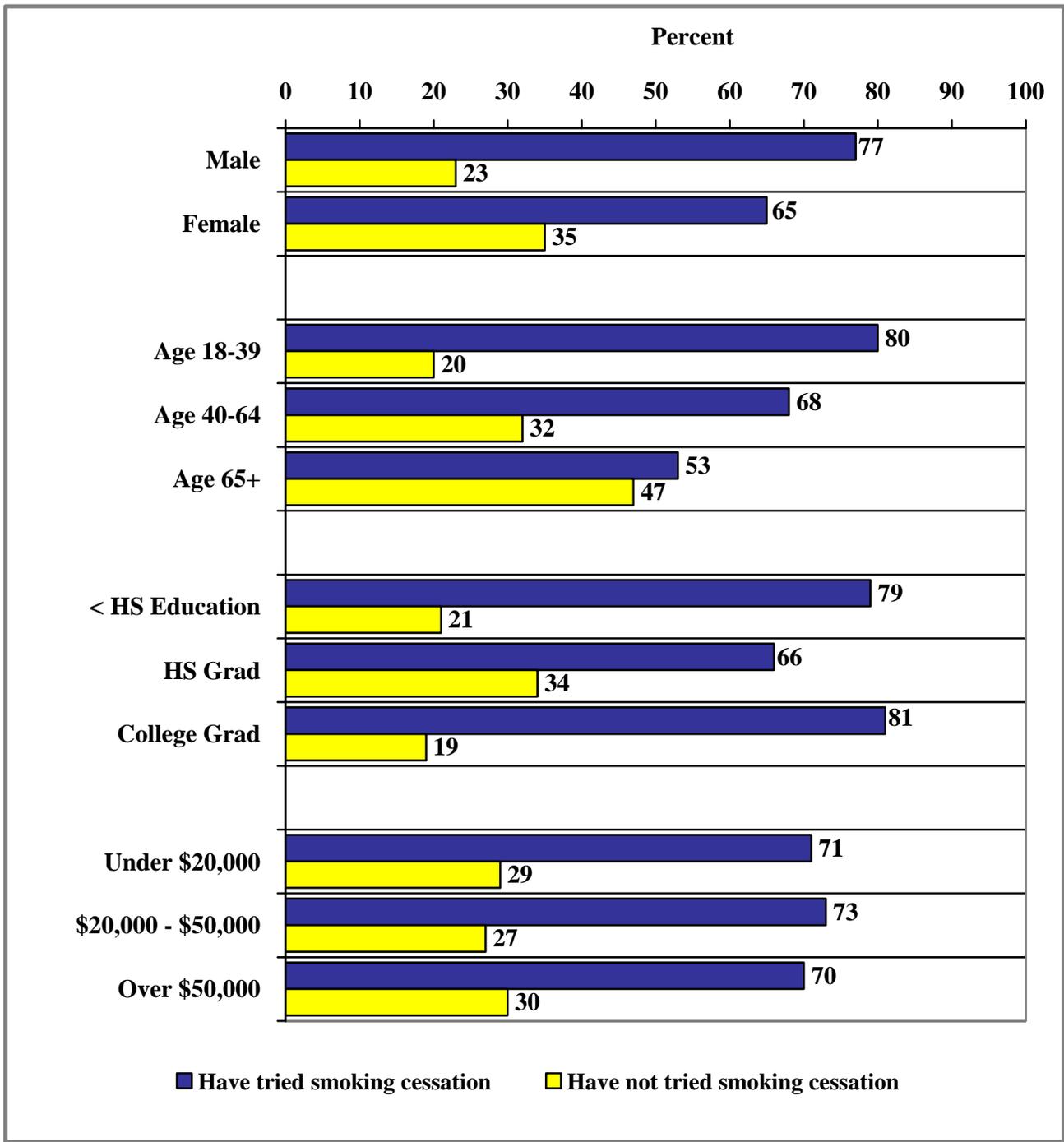
Figure 5: Smoking cessation (overall)



## Tobacco Use (continued)

**Question: During the past 12 months, have you quit smoking for one day or longer?**

Figure 6: Smoking cessation (by selected characteristics)



## Tobacco Use (continued)

### Smokeless Tobacco Use

#### **Risk Factor Definition: Ever smoked smokeless tobacco**

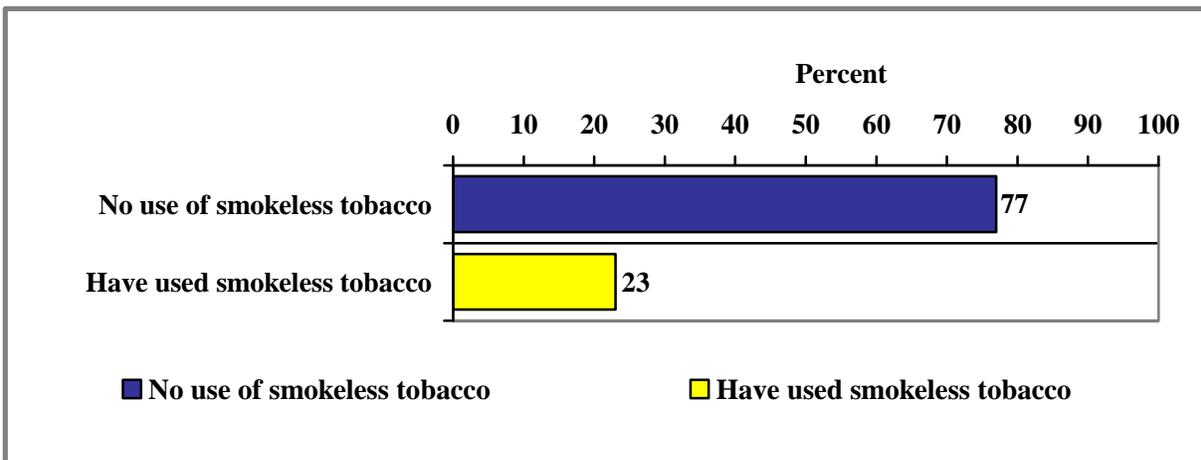
Question: Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?

At risk: Those who answered “yes” are considered at risk.

Table 4: Smokeless tobacco use (overall)

Smokeless tobacco use	Frequency (n)
Have used smokeless tobacco	163
No use of smokeless tobacco	643

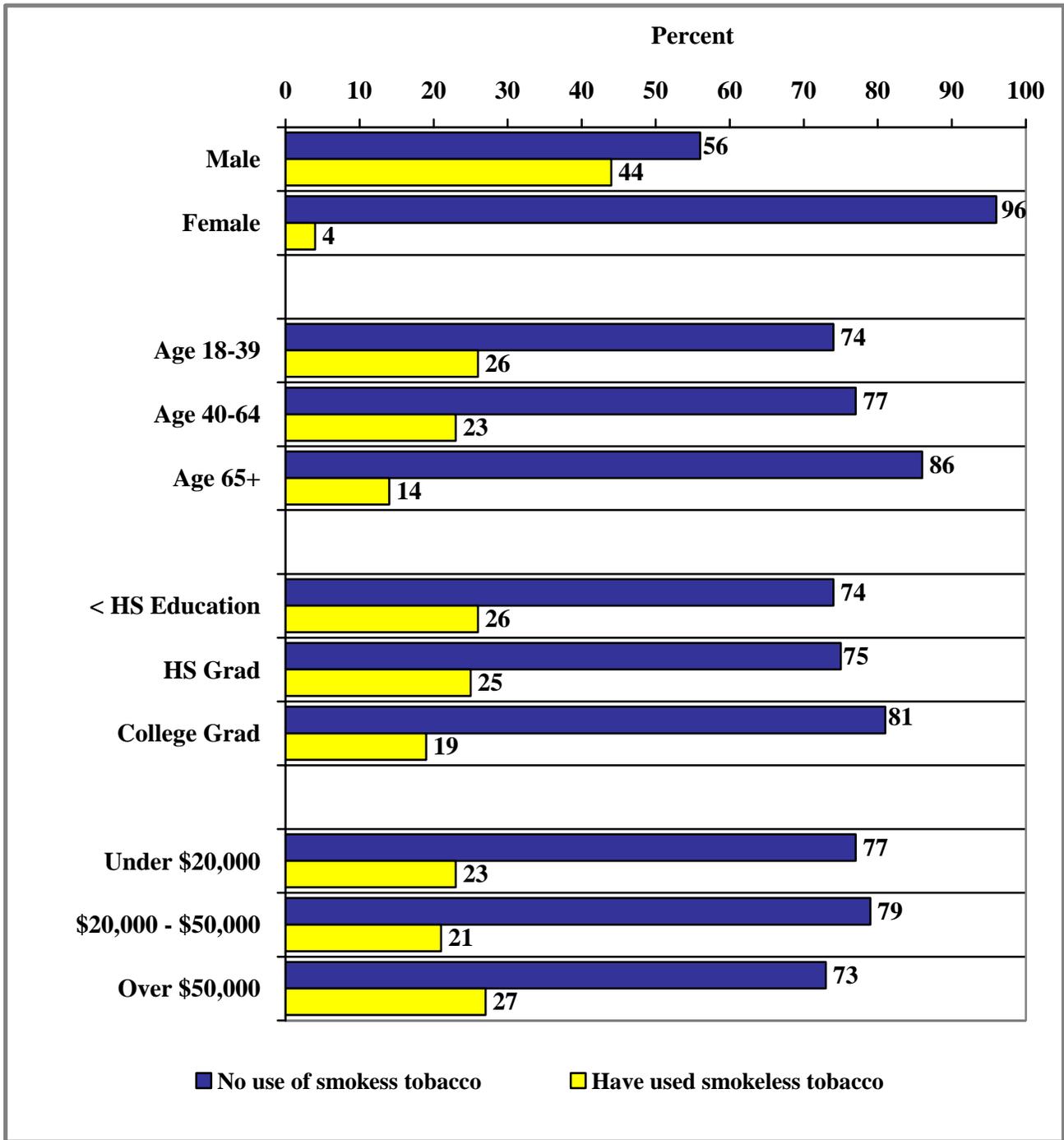
Figure 7: Smokeless tobacco use (overall)



## Tobacco Use (continued)

**Question: Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?**

Figure 8: Smokeless tobacco use (by selected characteristics)



## Tobacco Use (continued)

### Current Smokeless Tobacco Use

#### **Risk Factor Definition: Current use of smokeless tobacco**

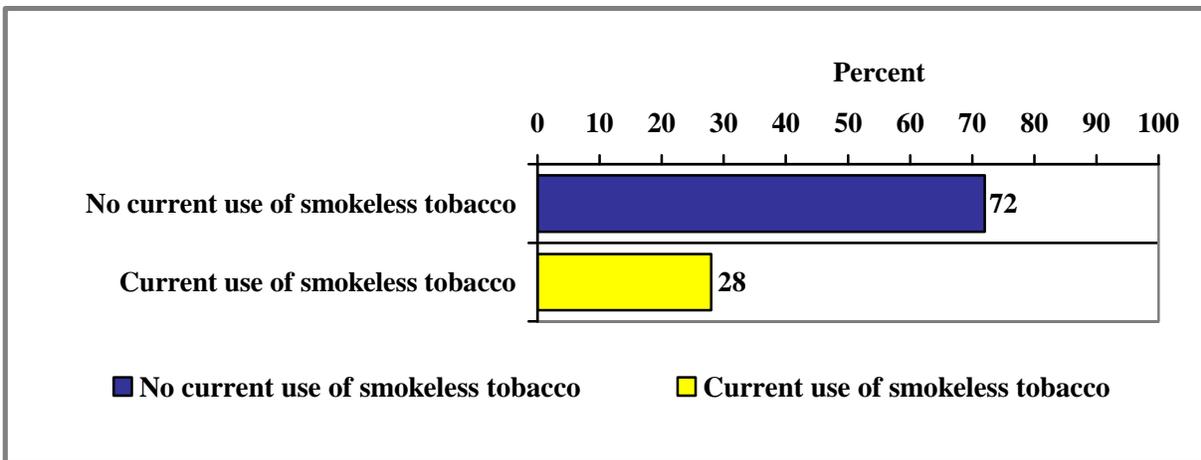
Question: Do you currently use chewing tobacco or snuff every day, some days, or not at all?

At risk: **Of those respondents who reported that they had ever tried chewing tobacco or snuff,** those who answered “every day” or “some days” (i.e. current chewing tobacco or snuff users) are considered at risk.

Table 5: Current smokeless tobacco use (overall)

Current use of smokeless tobacco	Frequency (n)
Current use of smokeless tobacco	40
No current use of smokeless tobacco	122

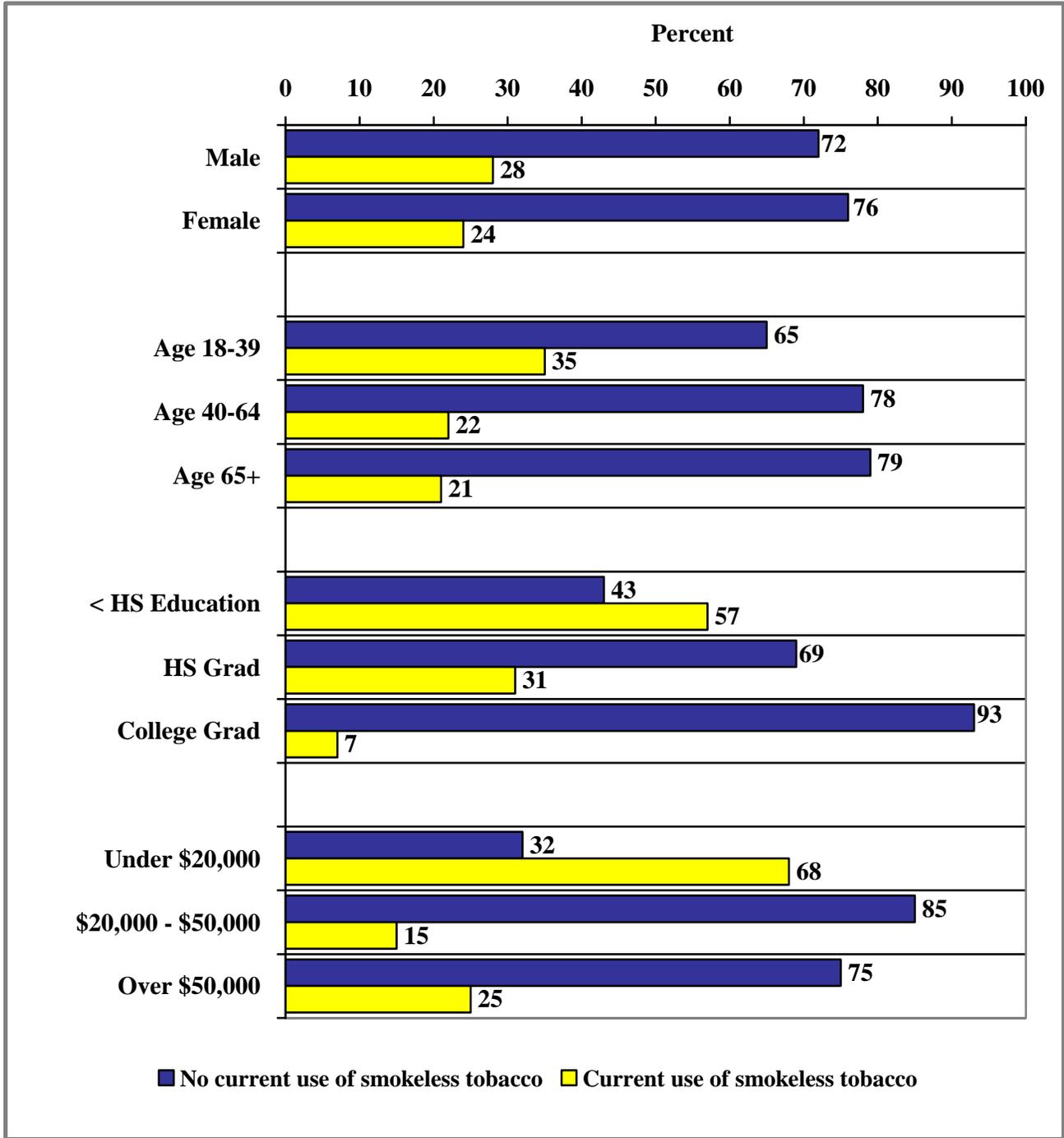
Figure 9: Current smokeless tobacco use (overall)



## Tobacco Use (continued)

**Question: Do you currently use chewing tobacco or snuff every day, some days, or not at all?**

**Figure 10: Current smokeless tobacco use (by selected characteristics)**



# Tobacco Use

## Cigar Smoking

### **Risk Factor Definition: Ever smoked a cigar**

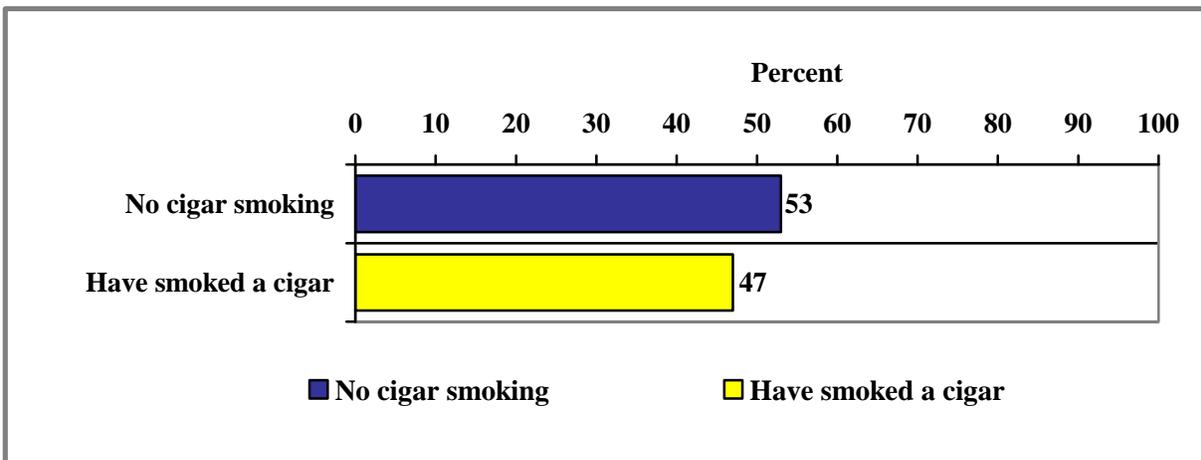
Question: Have you ever smoked a cigar, even one or two puffs?

At risk: Those who answered “yes” are considered at risk.

Table 6: Cigar smoking (overall)

Cigar smoking	Frequency (n)
Have smoked cigar	344
No cigar smoking	462

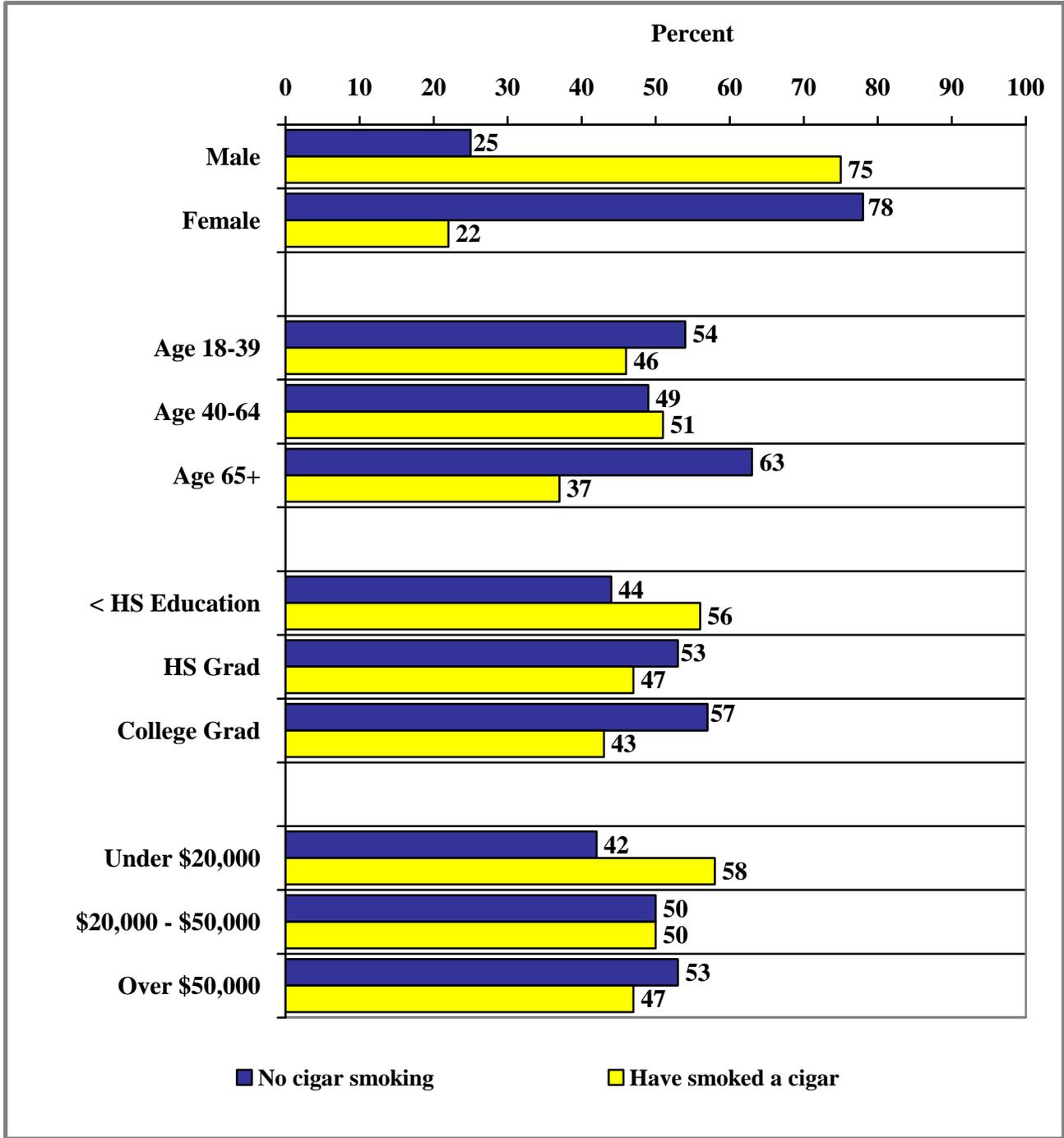
Figure 11: Cigar smoking (overall)



## Tobacco Use (continued)

**Question:** Have you ever smoked a cigar, even one or two puffs?

Figure 12: Cigar smoking (by selected characteristics)



# Tobacco Use

## Current Cigar Smoking

### **Risk Factor Definition: Current cigar smoking**

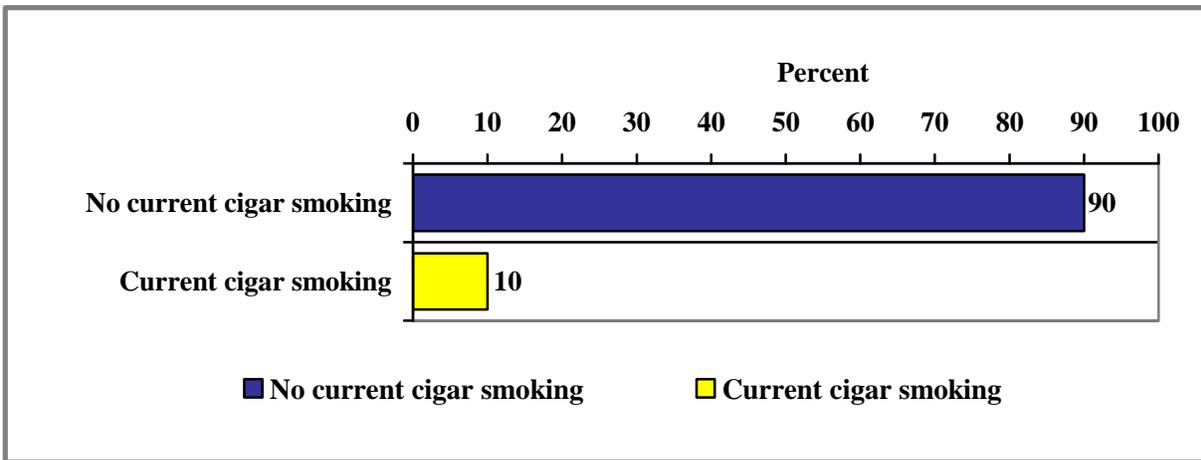
Question: Do you smoke cigars every day, some days, or not at all?

At risk: **Of those respondents who reported that they had ever smoked a cigar**, those who answered “every day” or “some days” (i.e. current cigar smokers) are considered at risk.

Table 7: Current cigar smoking (overall)

Current cigar smoking	Frequency (n)
Current cigar smoking	28
No current cigar smoking	315

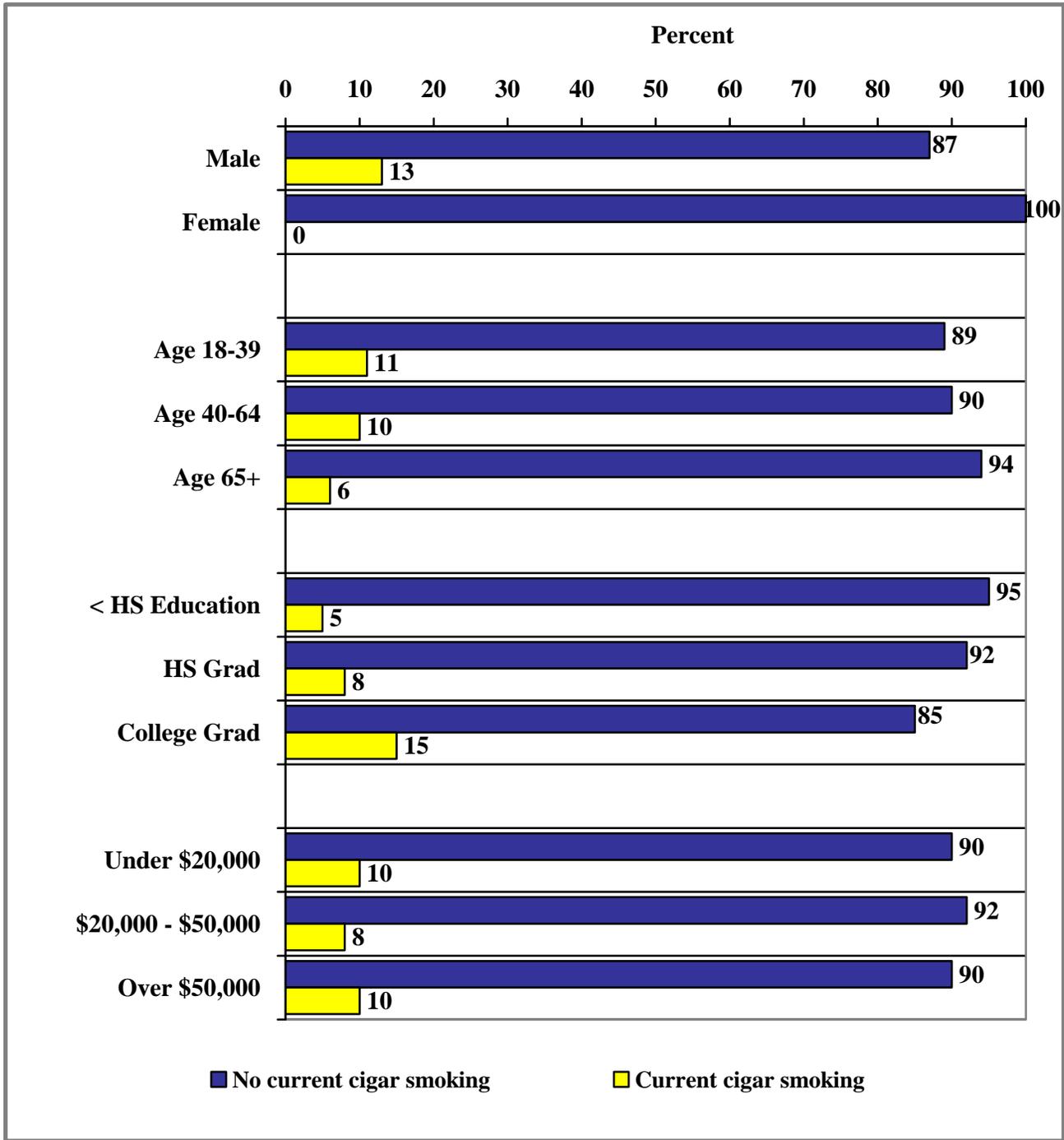
Figure 13: Current cigar smoking (overall)



## Tobacco Use (continued)

**Question: Do you smoke cigars every day, some days, or not at all?**

**Figure 14: Current cigar smoking (by selected characteristics)**



# Tobacco Use

## Pipe Smoking

### **Risk Factor Definition: Ever smoked a pipe**

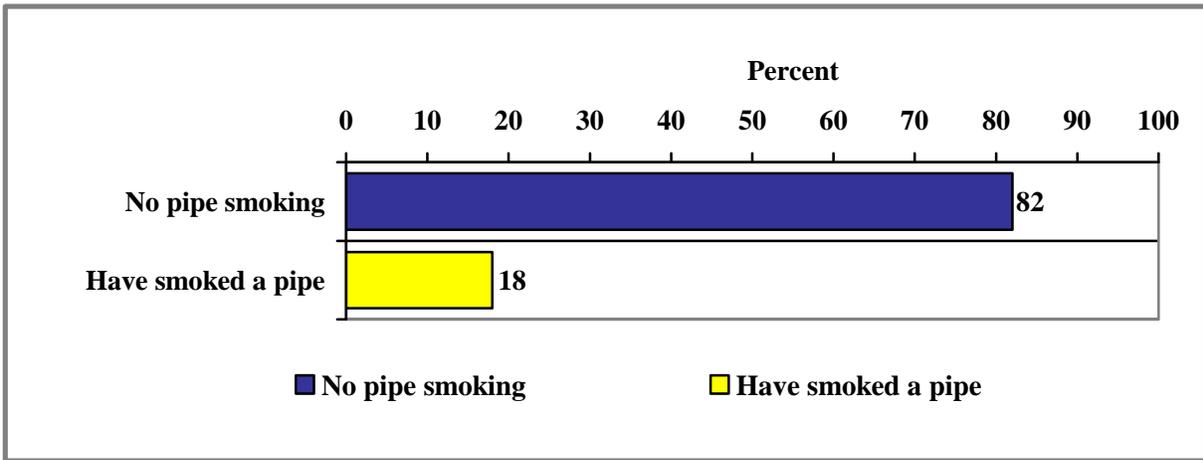
Question: Have you ever smoked tobacco in a pipe, even one or two puffs?

At risk: Those who answered “yes” are considered at risk.

Table 8: Pipe smoking (overall)

Pipe smoking	Frequency (n)
Have smoked a pipe	225
No pipe smoking	580

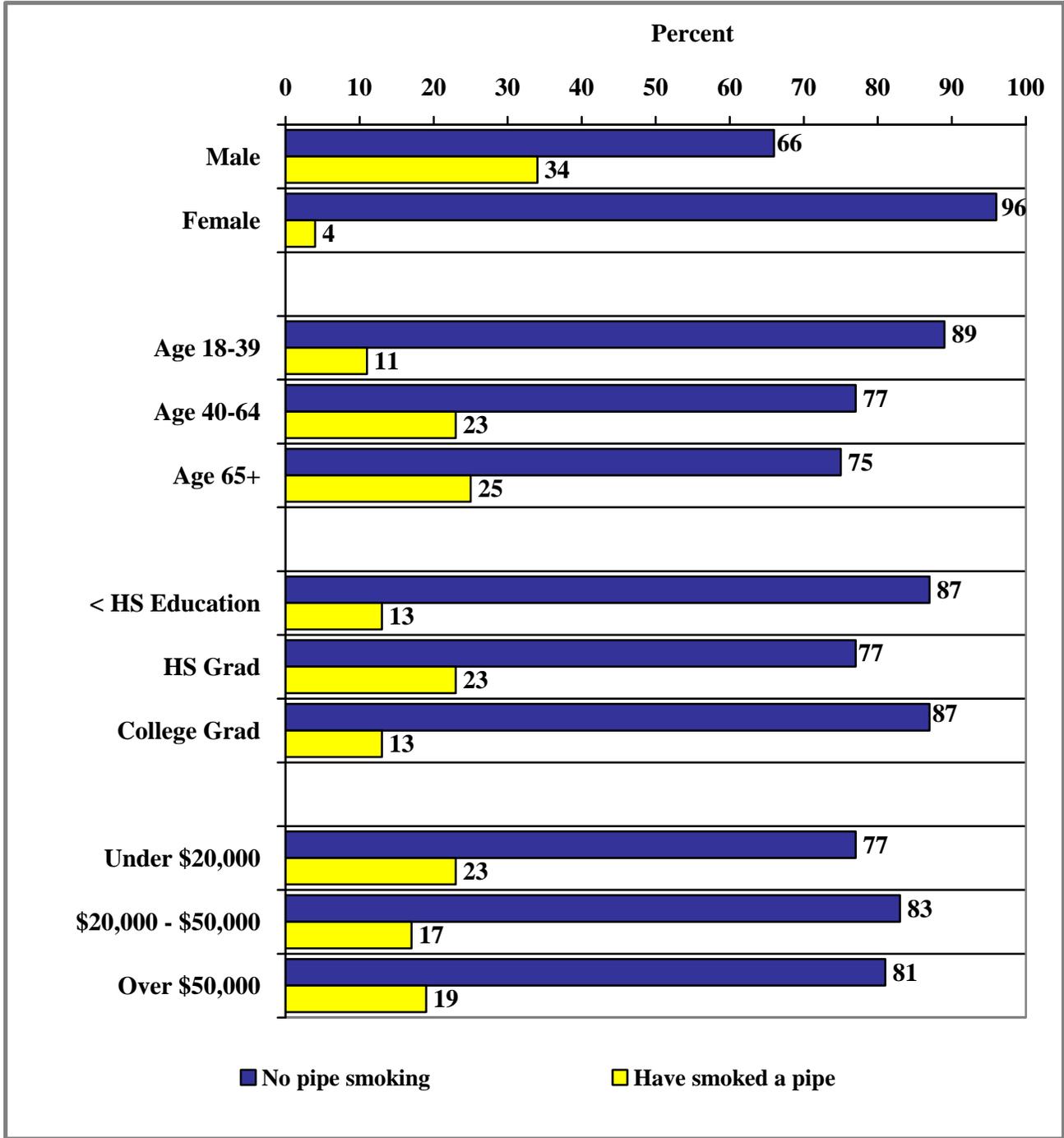
Figure 15: Pipe smoking (overall)



## Tobacco Use (continued)

**Question: Have you ever smoked tobacco in a pipe, even one or two puffs?**

**Figure 16: Pipe smoking (by selected characteristics)**



# Tobacco Use

## Current Pipe Smoking

### **Risk Factor Definition: Current pipe smoking**

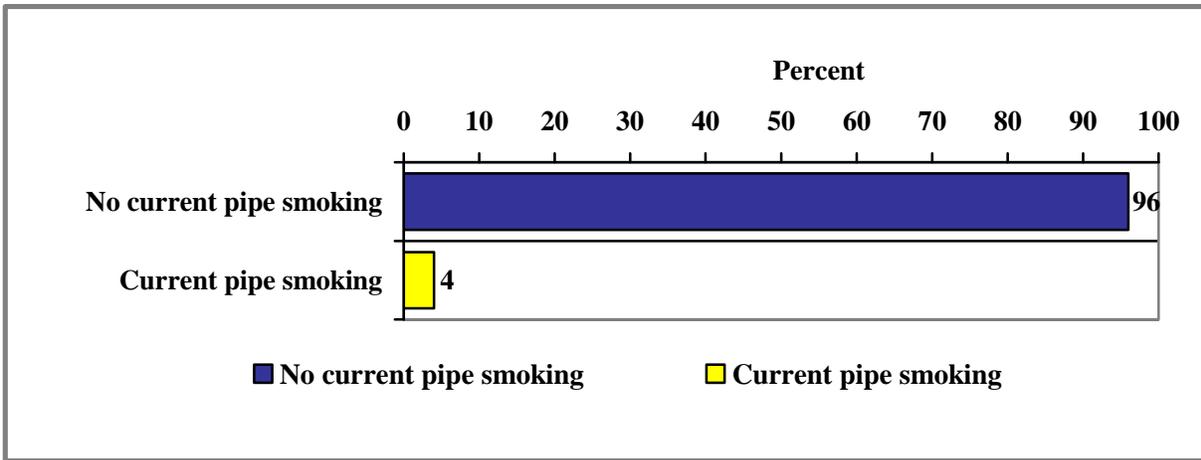
Question: Do you now smoke a pipe every day, some days, or not at all?

At risk: **Of those respondents who reported that they had ever smoked a pipe**, those adults who answered “every day” or “some days” (i.e. current pipe smokers) are considered at risk.

Table 9: Current pipe smoking (overall)

Current pipe smoking	Frequency (n)
Current pipe smoking	8
No current pipe smoking	216

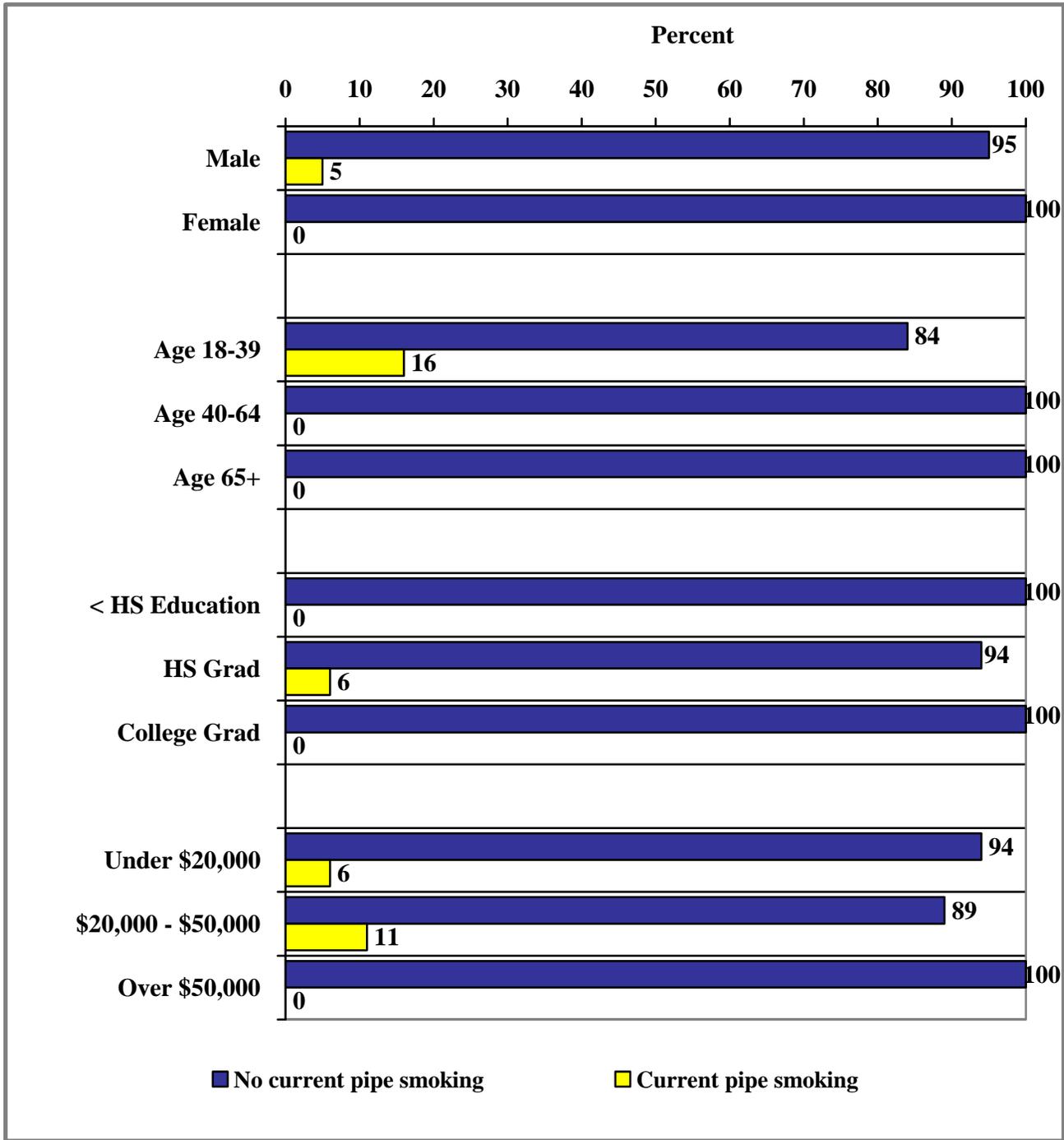
Figure 17: Current pipe smoking (overall)



## Tobacco Use (continued)

**Question: Do you now smoke a pipe every day, some days, or not at all?**

**Figure 18: Current pipe smoking (by selected characteristics)**



# Tobacco Use

## Smoking in the Home

### **Risk Factor Definition: Smoking is allowed in the home**

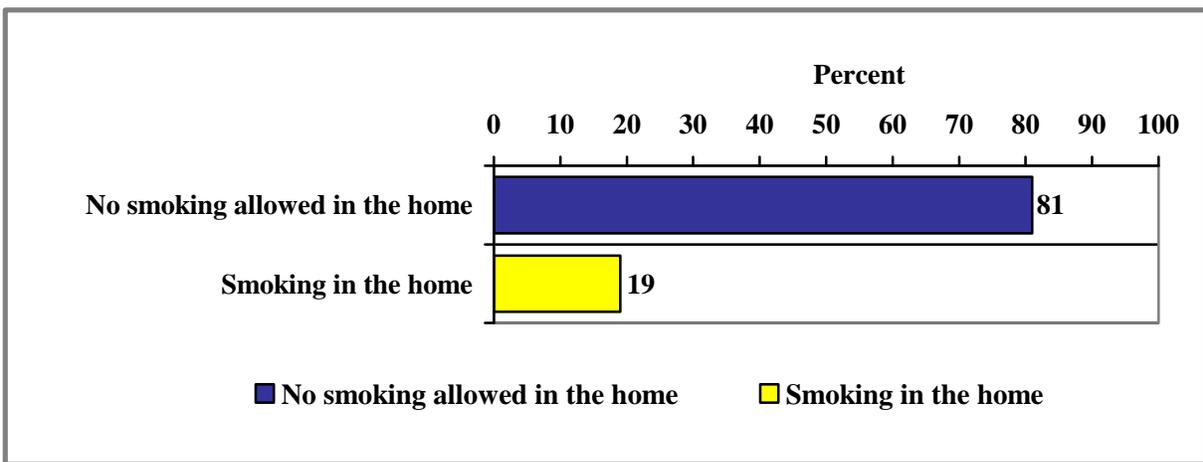
Question: Which statement best describes the rules of smoking inside your home?

At risk: Those who did not indicate that smoking is not allowed anywhere inside the homes are considered at risk.

Table 10: Smoking in the home (overall)

Smoking in the home	Frequency (n)
Smoking in the home	245
No smoking allowed in the home	558

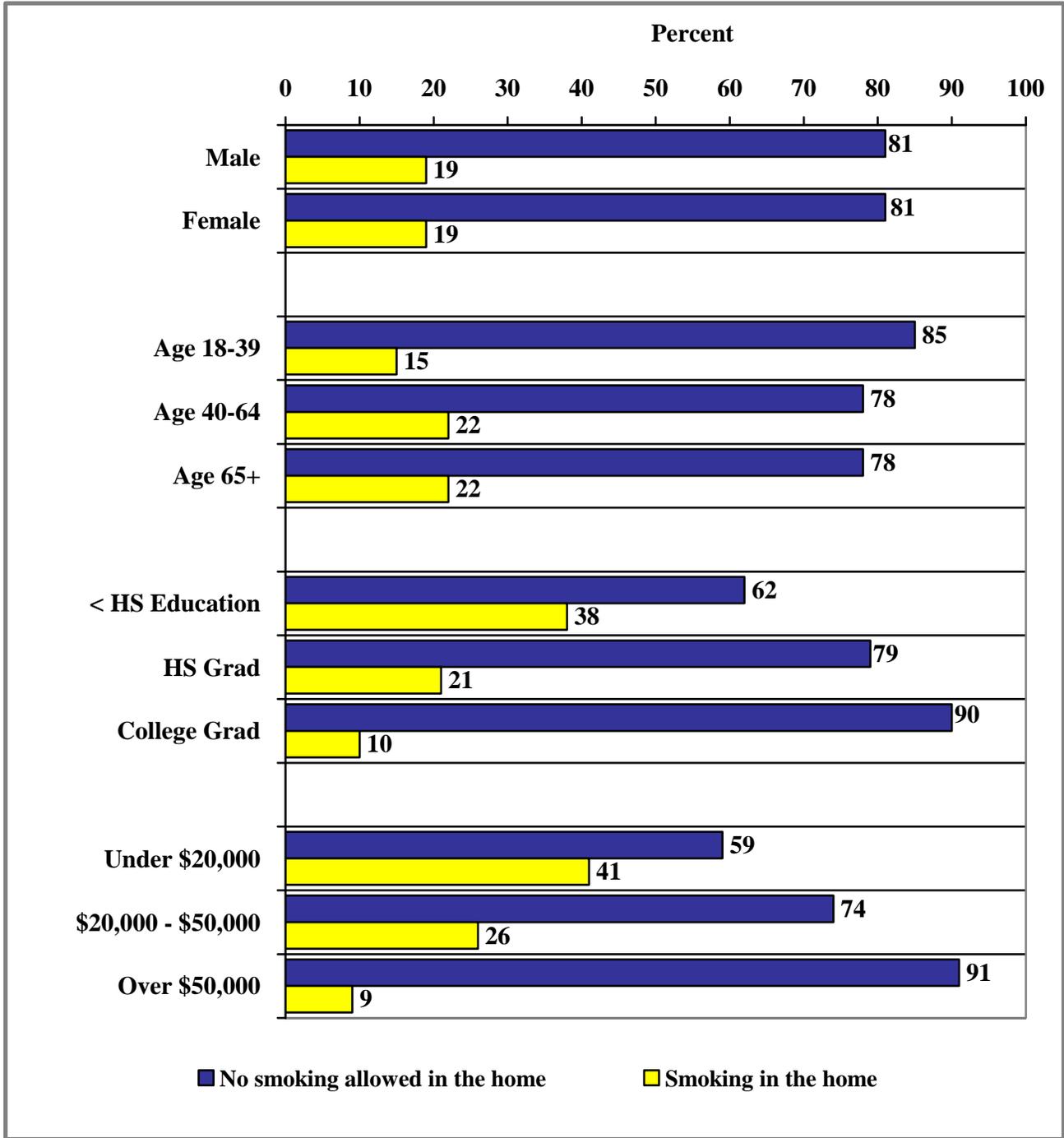
Figure 19: Smoking in the home (overall)



## Tobacco Use (continued)

**Question: Which statement best describes the rules of smoking inside your home?**

Figure 20: Smoking in the home (by selected characteristics)



# **Women's Health and Risk Factors**

# Breast Cancer Screening and Knowledge

Breast cancer is the most frequently diagnosed cancer among Arkansas women, aside from skin cancer. According to the American Cancer Society, mammography is very valuable as an early detection tool, often identifying cancer before any physical symptoms develop. Early detection saves lives and increases treatment options.

## Advertisements for mammogram tests

### Risk Factor Definition: Have not noticed mammogram advertisements

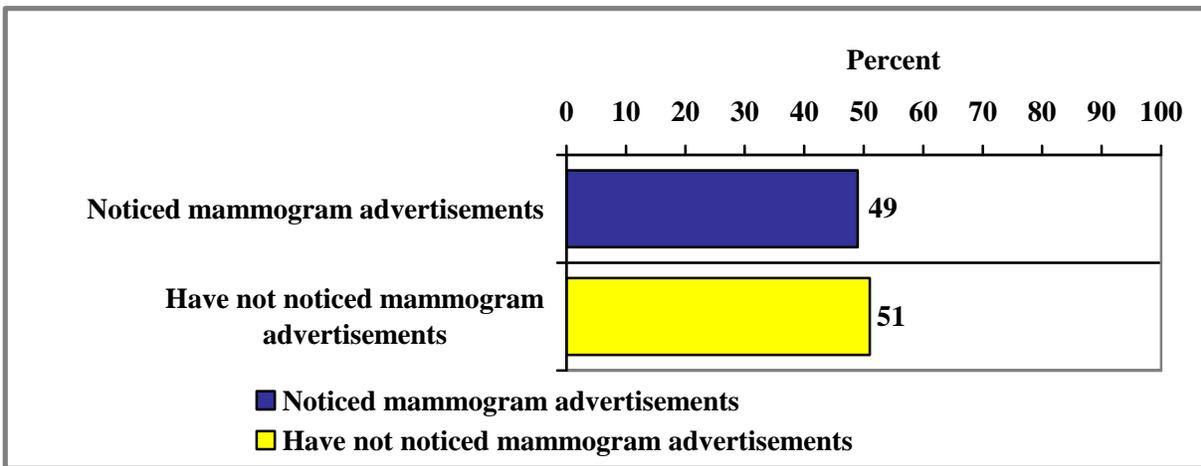
Question: In the past month, have you noticed any posters, billboards, commercials, or advertisements with a message about having a mammogram test?

At risk: Those who reported no sightings of posters, billboards, commercials, or advertisements with a message about having a mammogram test are considered at risk.

Table 1: Reported sightings of advertisements for mammogram tests (overall)

Adverts for mammogram tests	Frequency (n)
No	164
Yes	350

Figure 1: Reported sightings of advertisements for mammogram tests (overall)

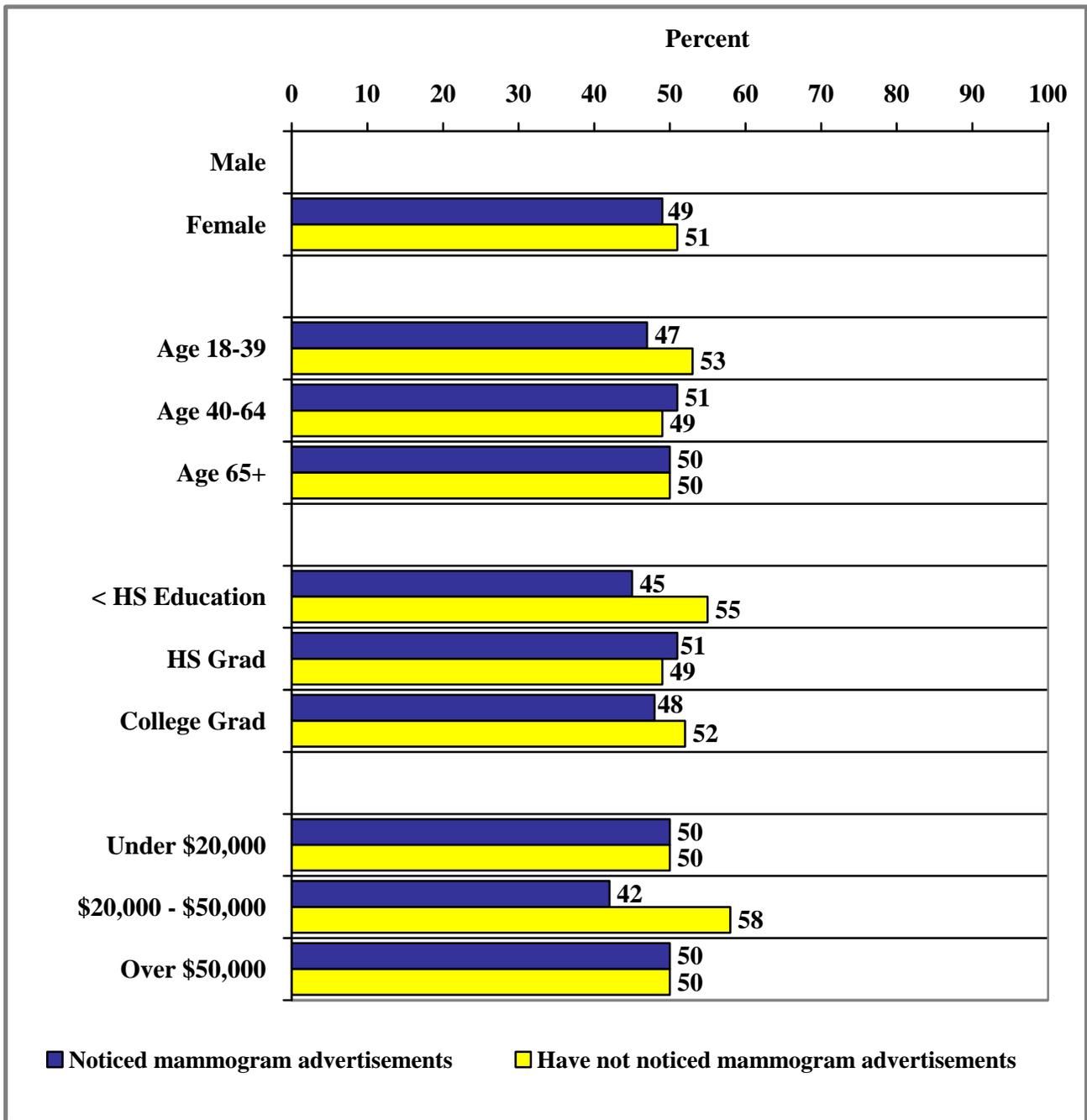


## Breast Cancer Screening and Knowledge (continued)

### Advertisements for mammogram tests

**Question: In the past month, have you noticed any posters, billboards, commercials, or advertisements with a message about having a mammogram test?**

Figure 2: Reported sightings of advertisements for mammogram tests (by selected characteristics)



## Breast Cancer Screening and Knowledge (continued)

### Free breast exams and mammograms

#### **Risk Factor Definition: Not aware of free breast exams**

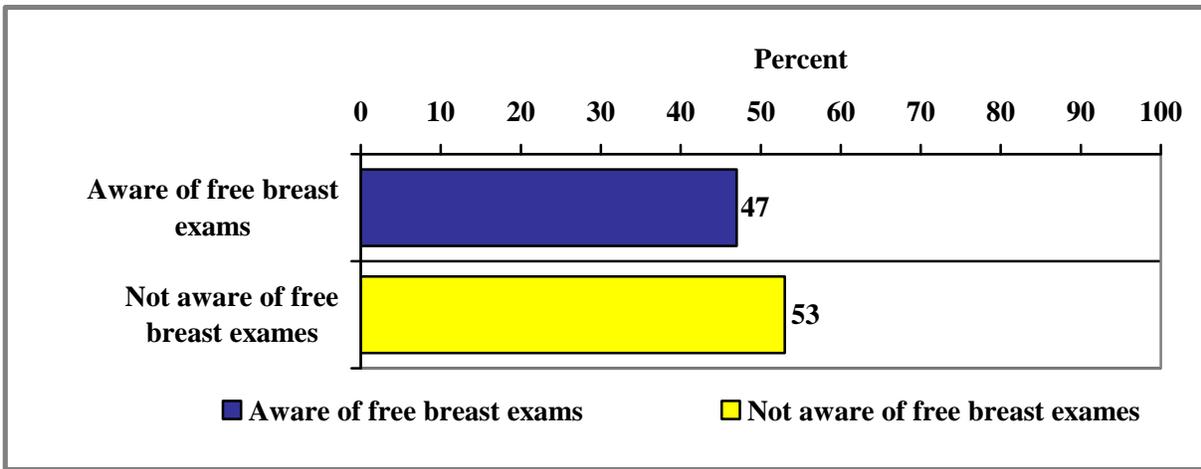
Question: Are you aware that BreastCare, a program of the local health department, offers free breast exams and mammograms to women age 40 and older?

At risk: Those reported that they were not aware that BreastCare, a program of the local health department, offers free breast exams and mammograms to women age 40 and older are considered at risk?

Table 2: Reported knowledge of free breast exams (overall)

Awareness of free breast exams	Frequency (n)
Not aware of free exams	259
Aware of free exams	261

Figure 3: Reported knowledge of free breast exams (overall)

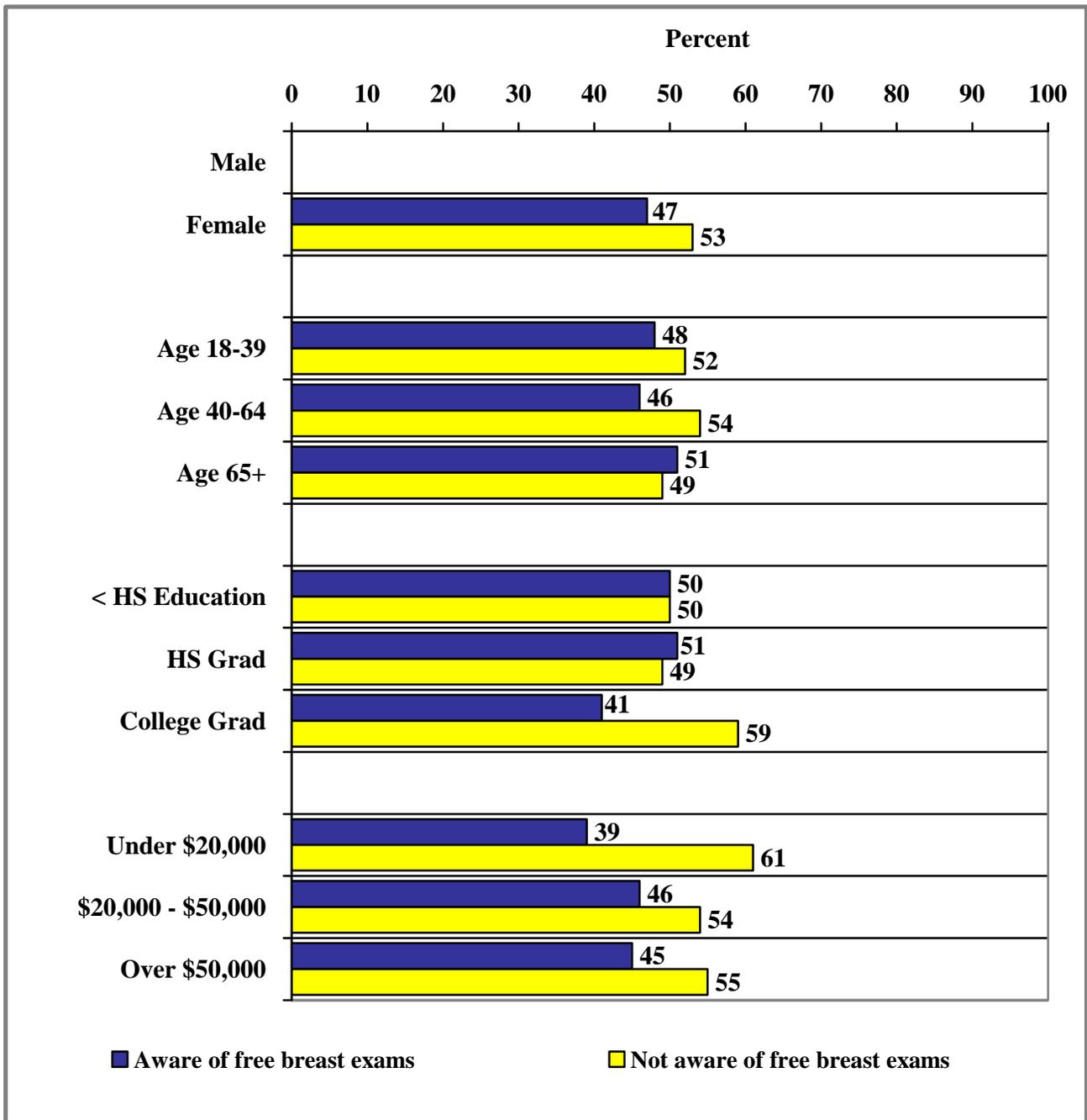


## Breast Cancer Screening and Knowledge (continued)

### Free breast exams and mammograms

**Question: Are you aware that BreastCare, a program of the local health department, offers free breast exams and mammograms to women age 40 and older?**

Figure 4: Reported knowledge of free breast exams (by selected characteristics)



## Breast Cancer Screening and Knowledge (continued)

### Cost of mammogram test

#### **Risk Factor Definition: Difficult to pay for a mammogram test**

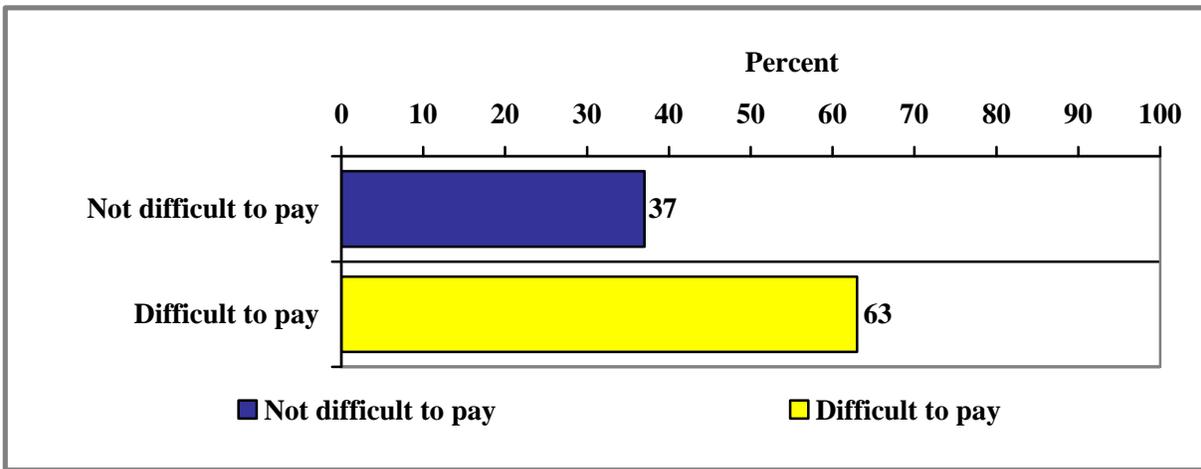
Question: How difficult would it be for you to pay for the cost of a mammogram test? Would you say difficult, somewhat difficult, a little difficult, or not at all difficult?

At risk: Those who reported that it would be difficult, somewhat difficult, or a little difficult are considered at risk?

Table 3: Reported ability to pay for a mammogram test (overall)

Difficult to pay	Frequency (n)
Yes	145
No	36

Figure 5: Reported ability to pay for a mammogram test (overall)

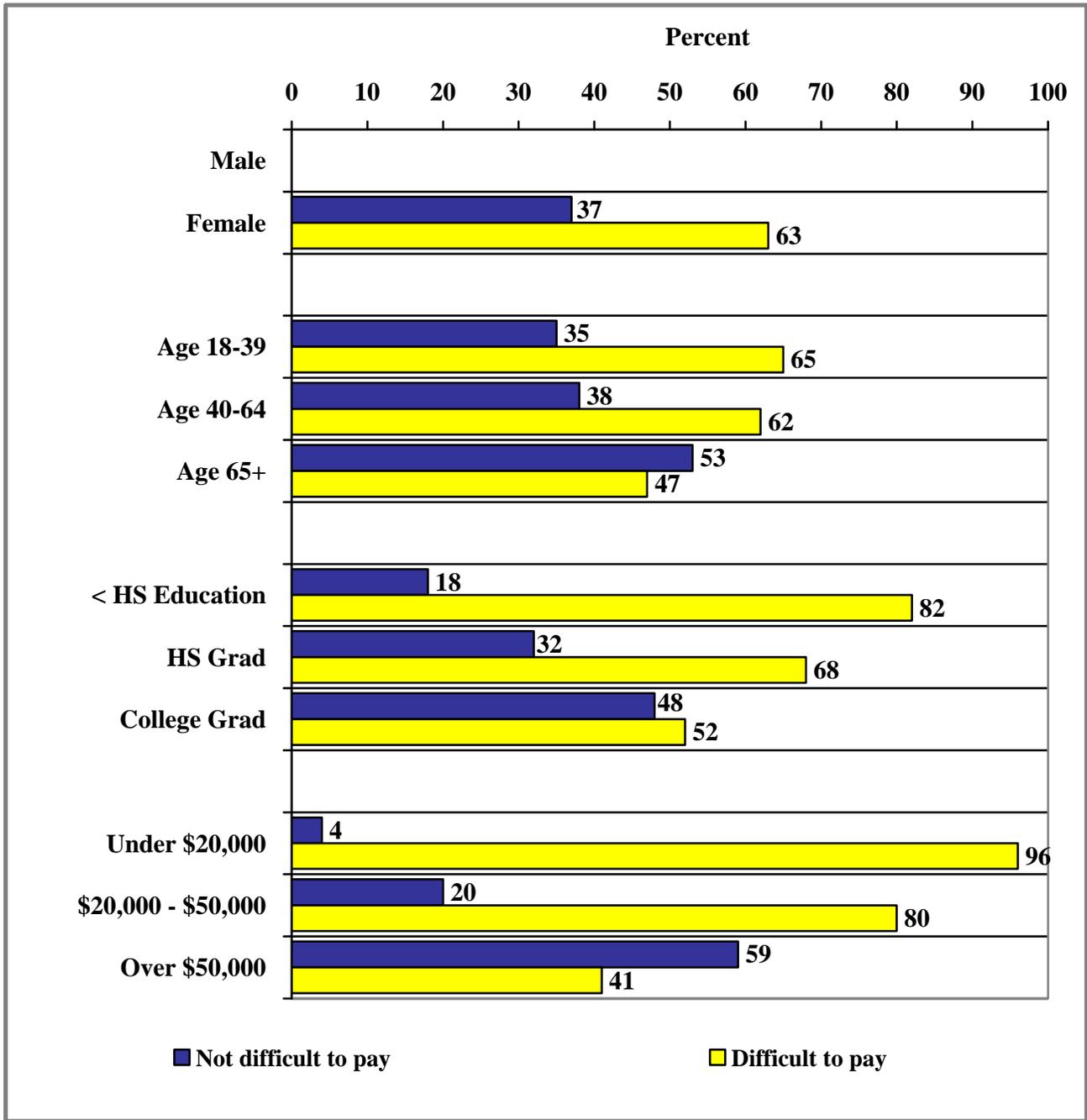


## Breast Cancer Screening and Knowledge (continued)

### Cost of mammogram test

**Question: How difficult would it be for you to pay for the cost of a mammogram test? Would you say difficult, somewhat difficult, a little difficult, or not at all difficult?**

Figure 6: Reported ability to pay for a mammogram test (by selected characteristics)



## Breast Cancer Screening and Knowledge (continued)

### Breast Cancer Screening

A mammogram is an x-ray of each breast to look for breast cancer.

**Risk Factor Definition: Women aged 40 years and older, no mammograms within the past two years**

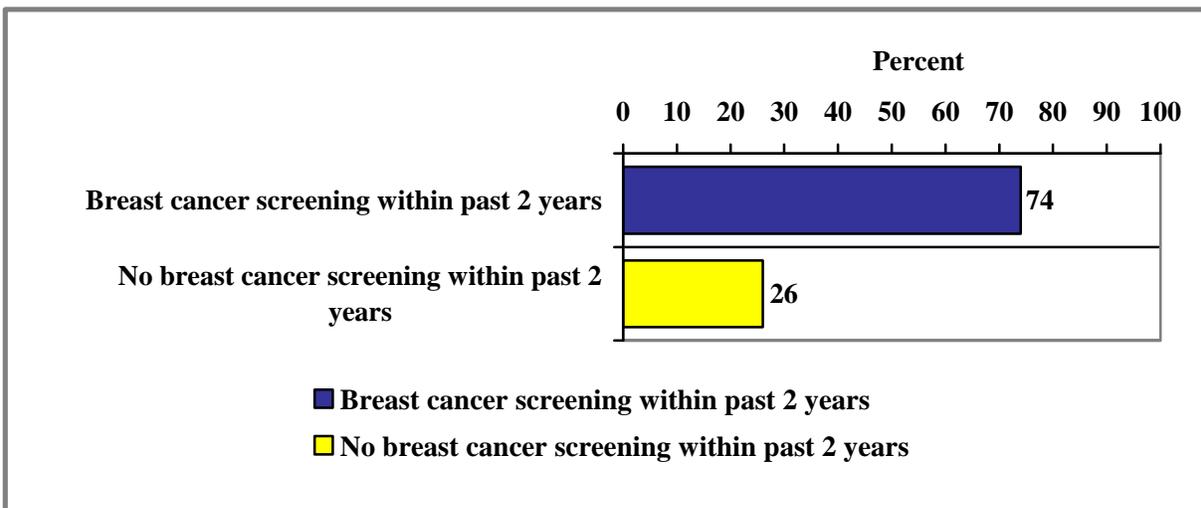
Questions: 1. Have you ever had a mammogram? 2. How long has it been since your last mammogram?

At risk: Women 40 years and older who haven't had a mammogram in the past two years are considered at risk.

Table 4: Breast cancer screening within the past 2 years (overall)

Breast cancer screening	Frequency (n)
No breast cancer screening within the past 2 years	130
Breast cancer screening within past 2 years	317

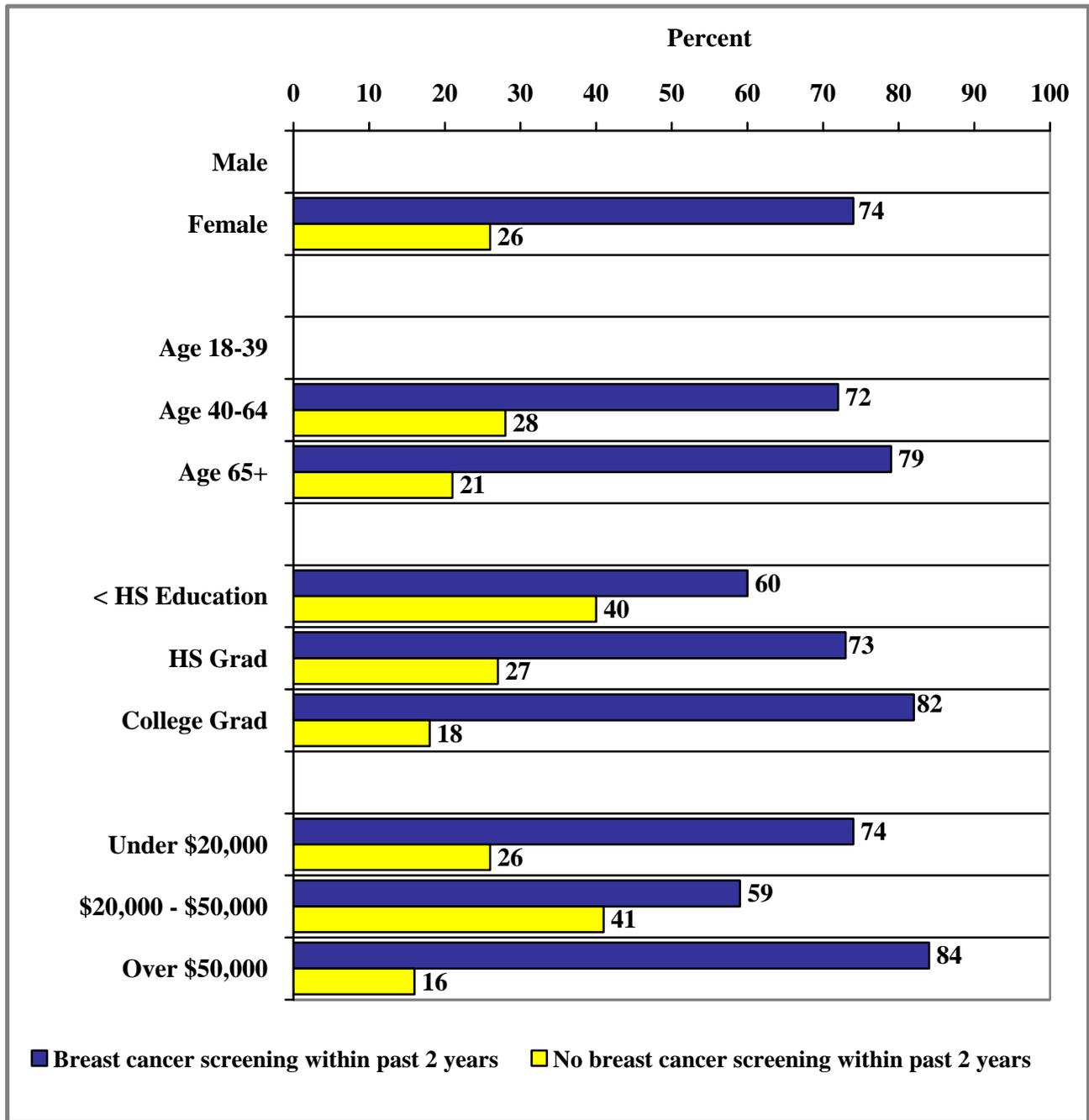
Figure 7: Breast cancer screening within the past 2 years (overall)



## Breast Cancer Screening and Knowledge (continued)

**Question: 1. Have you ever had a mammogram? 2. How long has it been since your last mammogram?**

**Figure 8:** Breast cancer screening within the past 2 years, by age, education and income (by selected characteristics)



## Other Women's Health Screening

### Pap Smear

Pap tests are used to detect cervical cancer in women. Early stages of cervical cancer often have no signs or symptoms. This makes it important for women to have regular Pap smear tests.

#### **Risk Factor Definition: No Pap smear within the past three years**

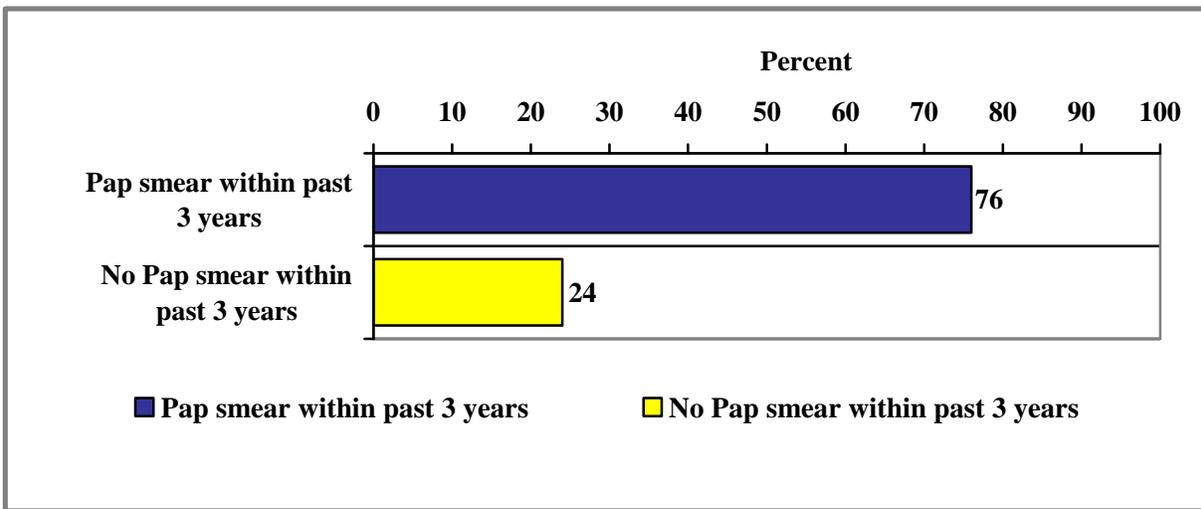
Questions: 1. Have you ever had a Pap smear? 2. How long has it been since your last Pap smear?

At risk: Women 18 or older with an intact uterus who have not had a Pap smear within the past three years are considered at risk.

Table 5: Pap smear within the past three years (overall)

Cervical cancer screening	Frequency (n)
No pap smear within the past 3 years	190
Pap smear within the past 3 years	315

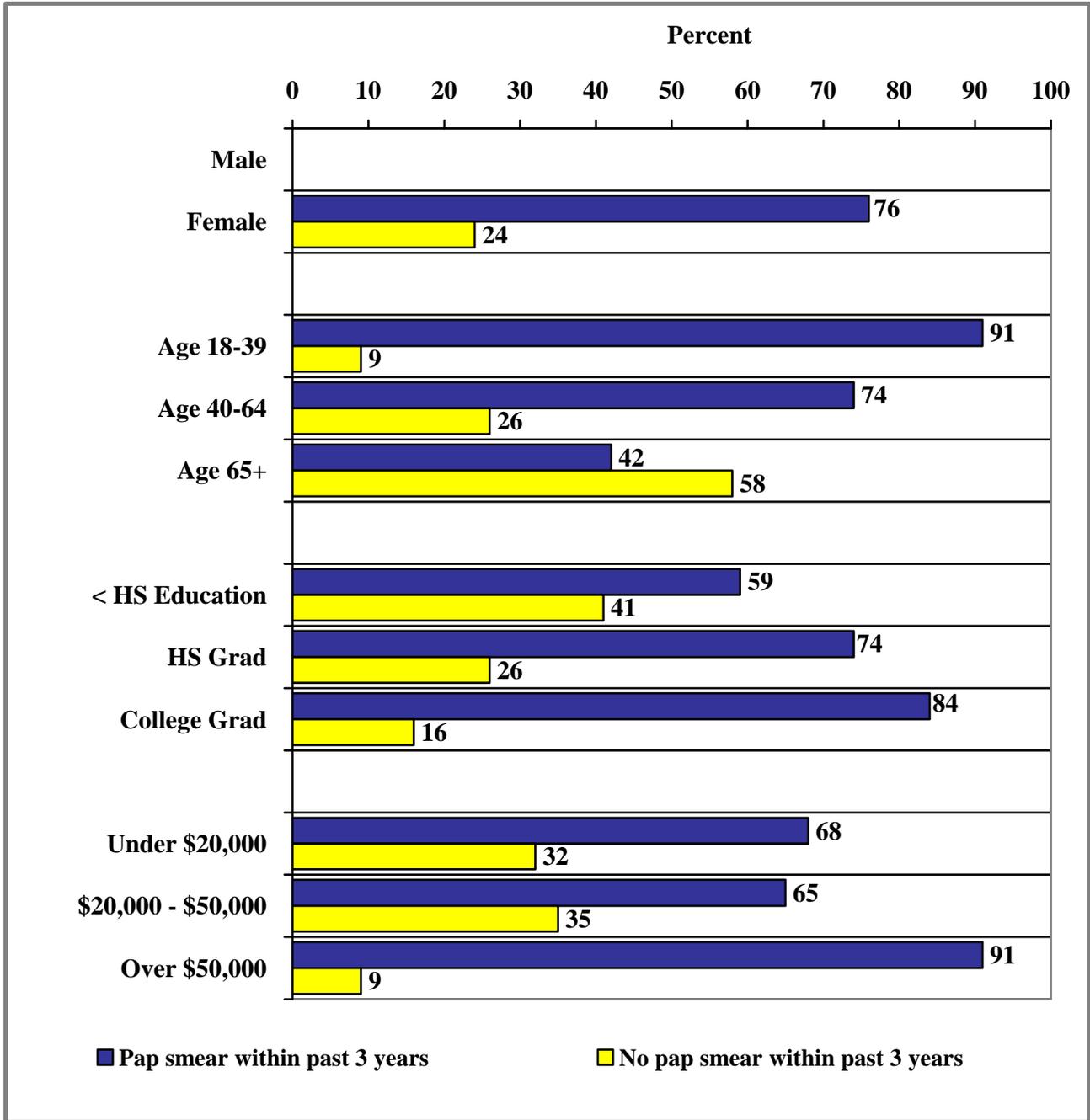
Figure 9: Pap smear within the past three years (overall)



## Other Women's Health Screening (continued)

**Questions: 1. Have you ever had a Pap smear? 2. How long has it been since your last Pap smear?**

**Figure 10:** Pap smear within the past three years (by selected characteristics)



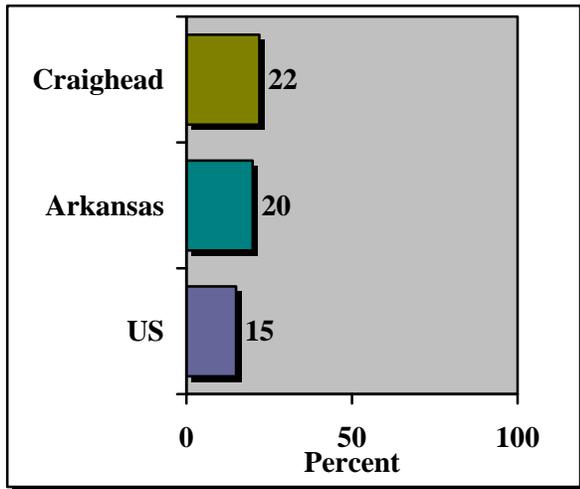
# **Appendix A**

## **2009 Craighead County Comparison with State and national BRFSS**

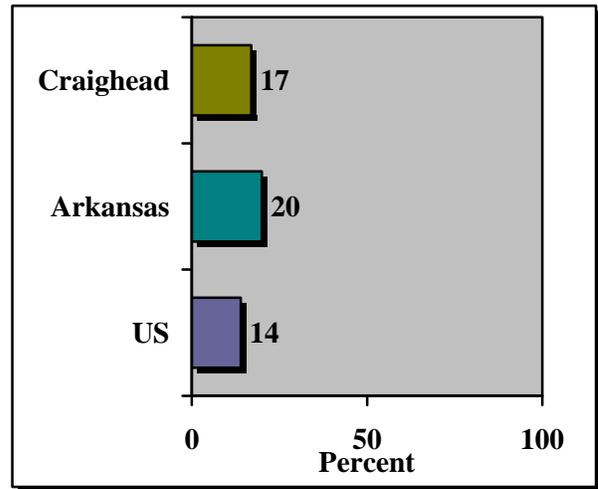
# Craighead County

2009 County Adult Health Survey  
Comparison with State and national BRFSS

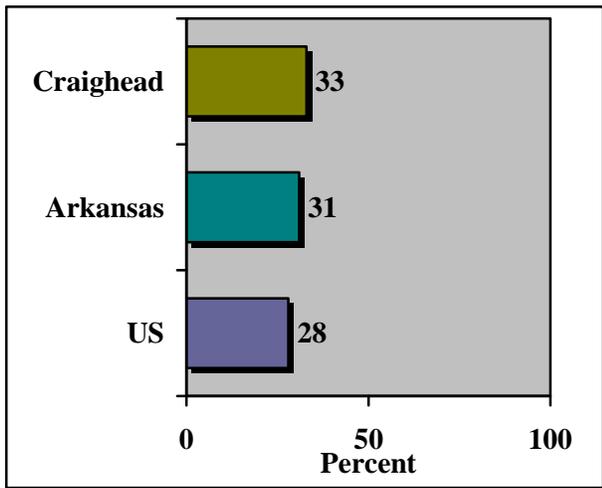
**General health “fair” or “poor”**



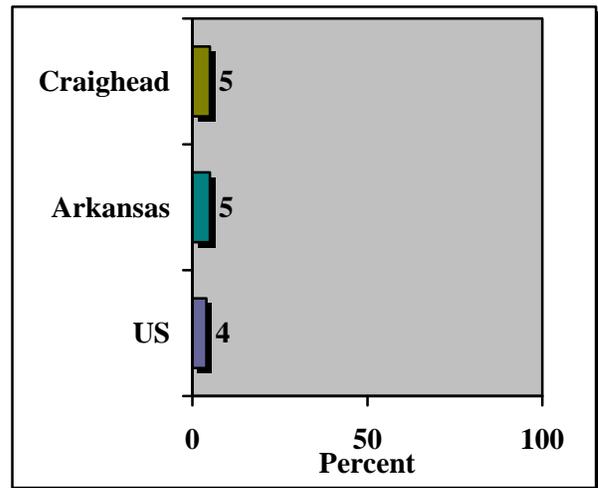
**No health care coverage**



**Have high blood pressure**



**Have had a myocardial infarction**

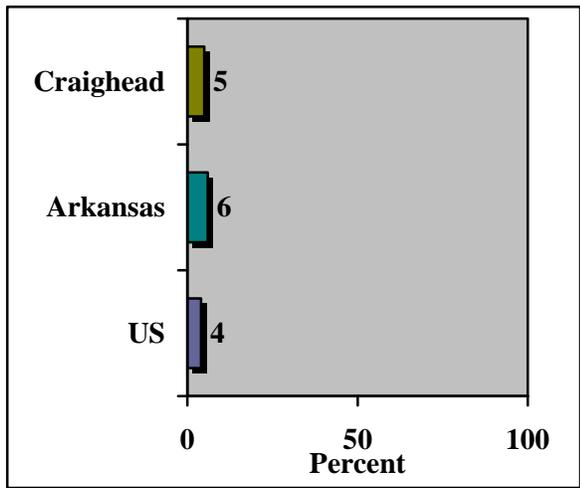


Sources: 2009 Craighead County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2006 and 2007).

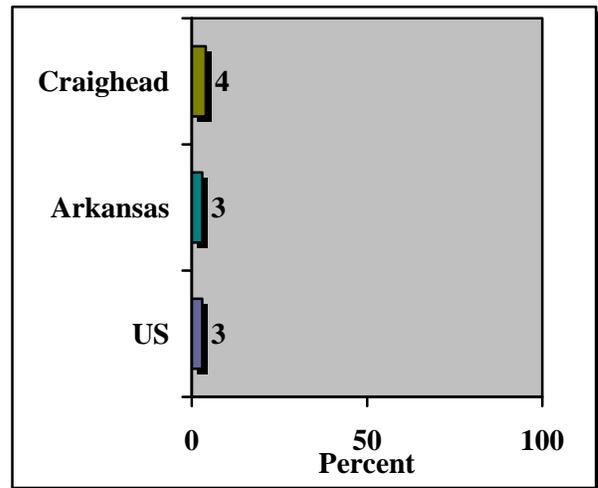
# Craighead County

2009 County Adult Health Survey  
Comparison with State and national BRFSS

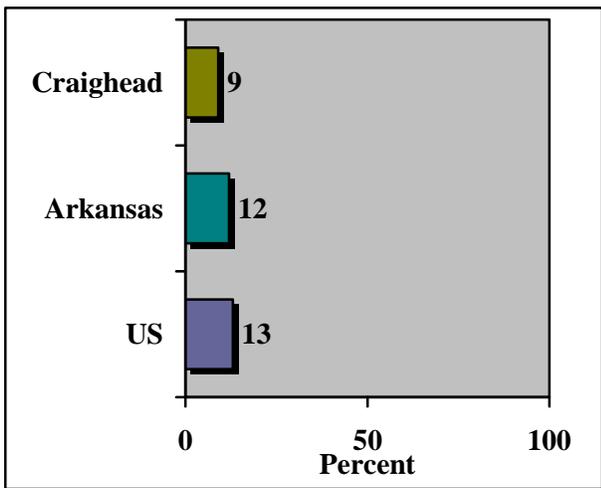
**Have had angina or CHD**



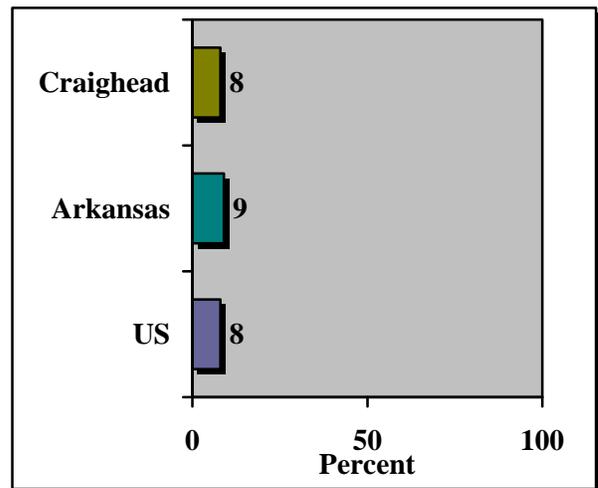
**Have had a stroke**



**Have had asthma**



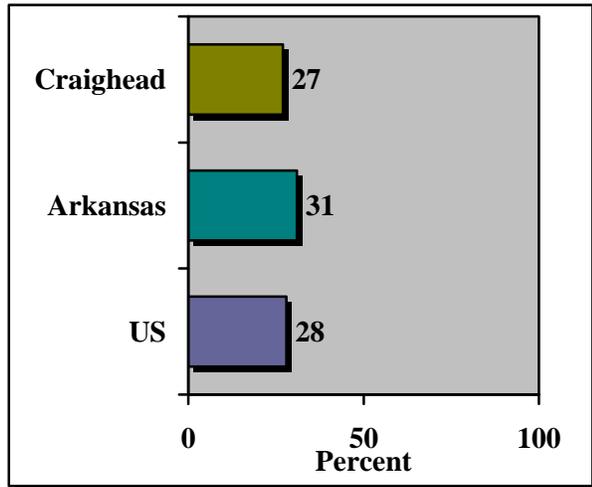
**Have diabetes**



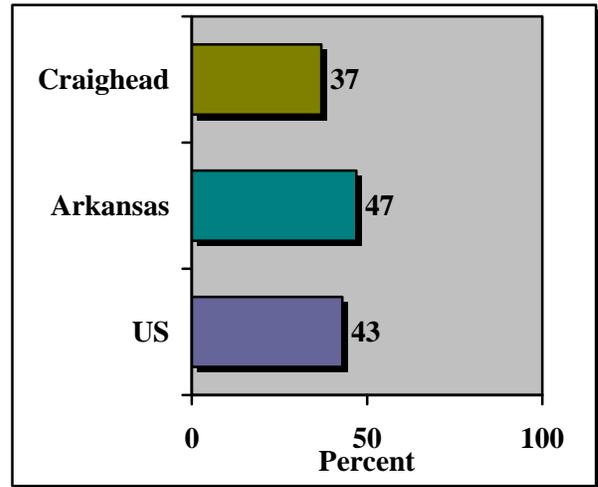
Sources: 2009 Craighead County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2006 and 2007).

**Craighead County**  
 2009 County Adult Health Survey  
 Comparison with State and national BRFSS

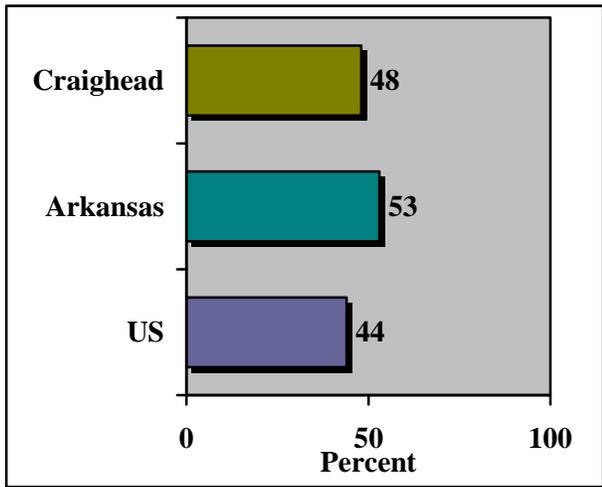
**Have arthritis**



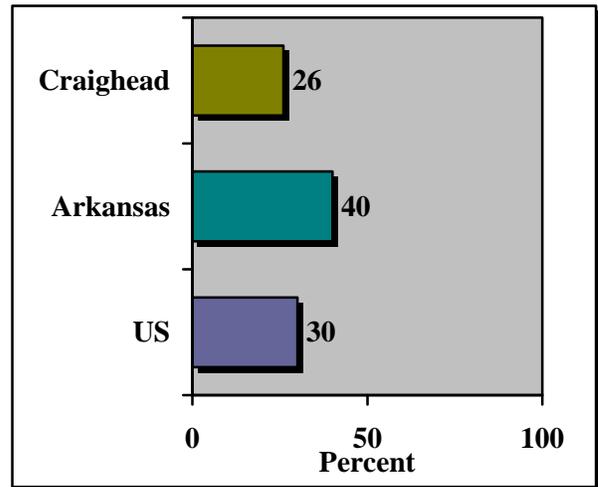
**Over 50 years and not screened for colorectal cancer**



**Permanent teeth extraction**



**Last dental visit one year or more ago**



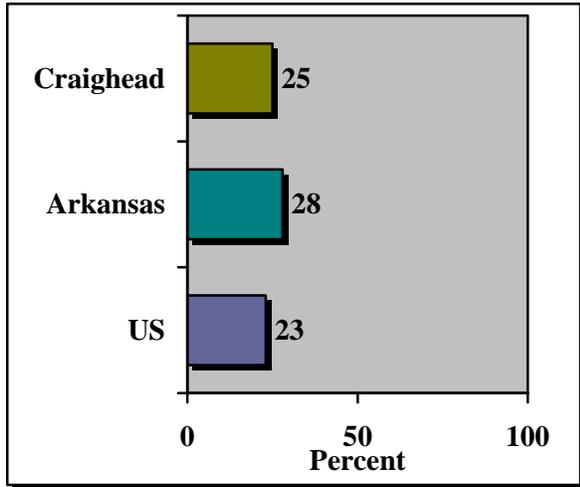
Sources: 2009 Craighead County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2006 and 2007).

# Craighead County

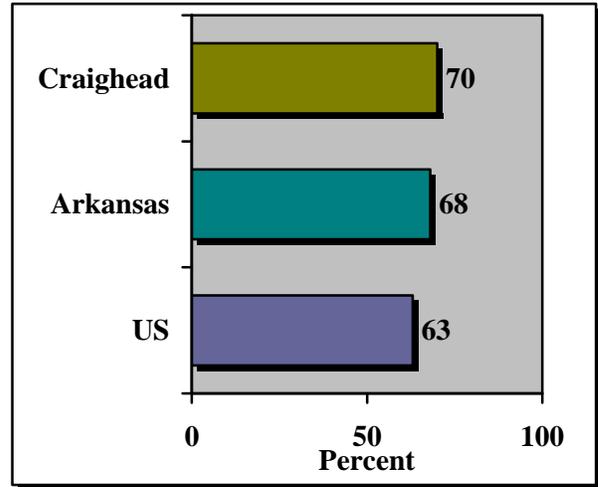
## 2009 County Adult Health Survey

### Comparison with State and national BRFSS

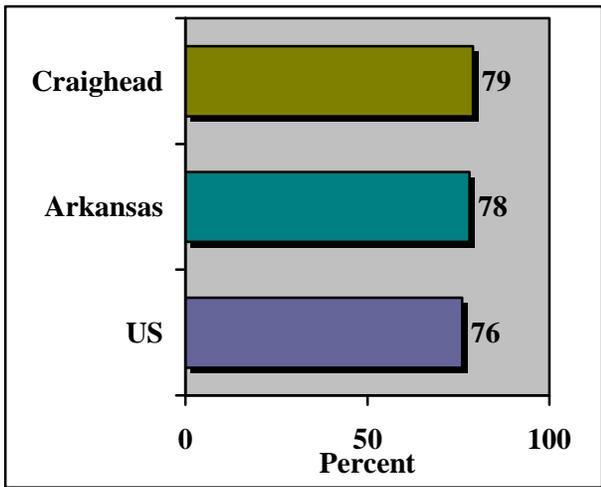
**No regular physical activity**



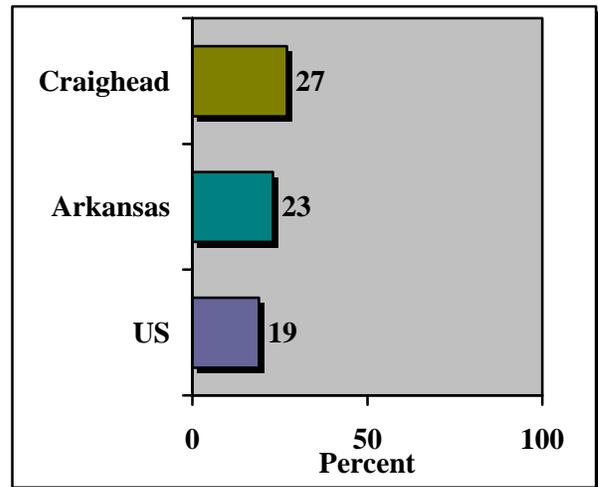
**Over weight or obese**



**Fewer than five fruits and vegetables per day**



**Limitations due to physical, mental, or emotional problems**



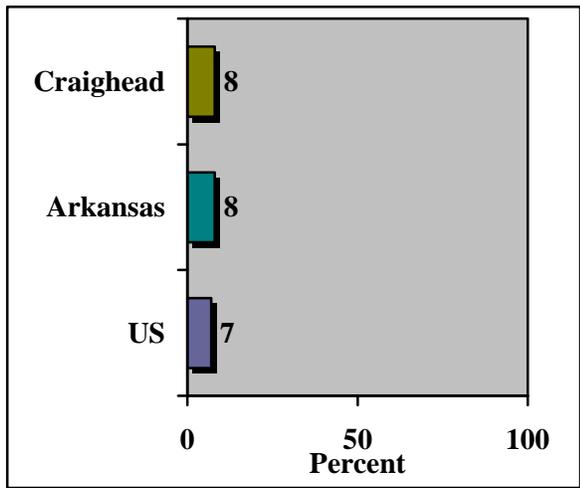
Sources: 2009 Craighead County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2006 and 2007).

# Craighead County

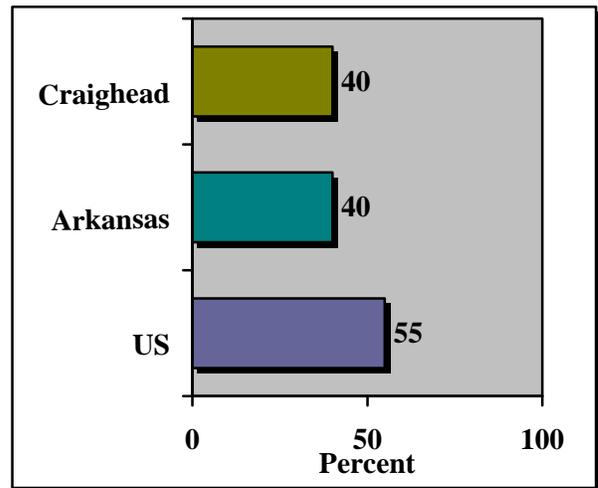
## 2009 County Adult Health Survey

### Comparison with State and national BRFSS

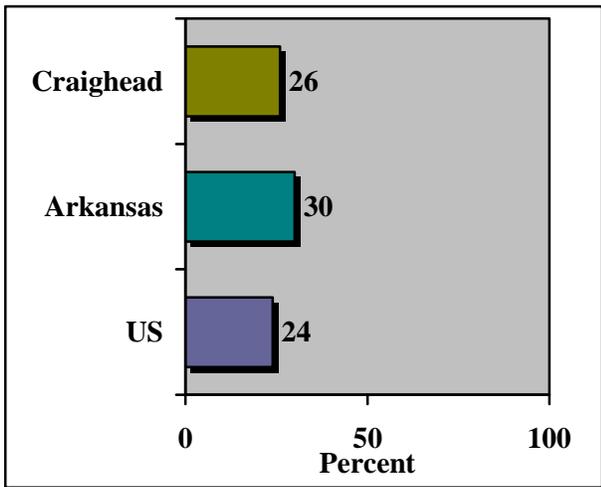
**Use of special equipment**



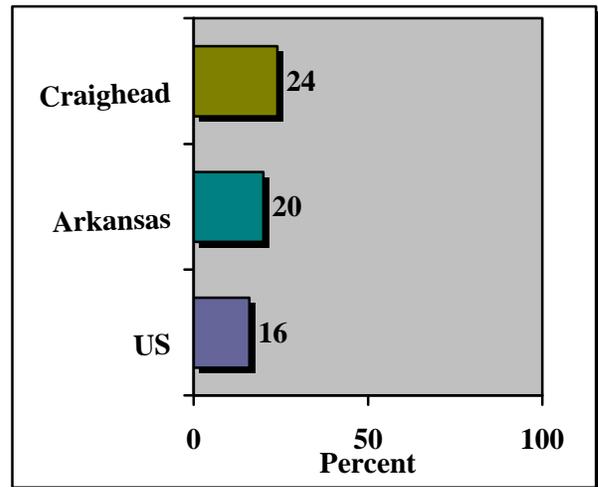
**Had one drink of alcohol**



**Women over 40 years no mammogram in past 2 years**



**No pap smear in past three years**



Sources: 2009 Craighead County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2006 and 2007).

# **Appendix B**

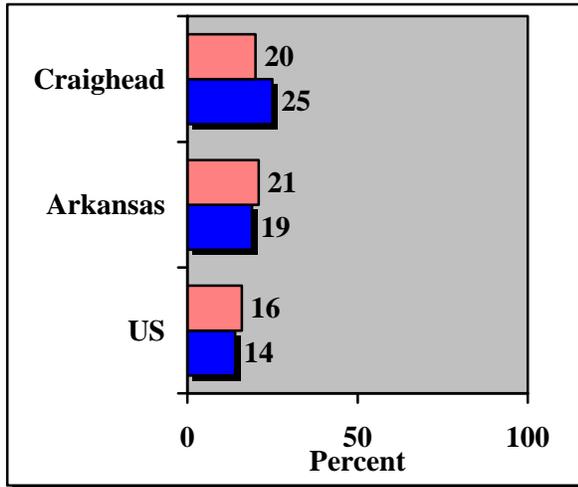
## **2009 Craighead County Comparison with State and national BRFSS By Gender**

# Craighead County

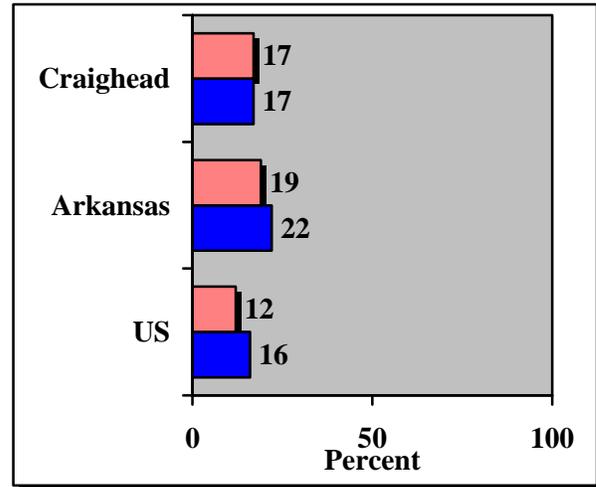
2009 County Adult Health Survey  
 Comparison with State and national BRFSS  
 By gender



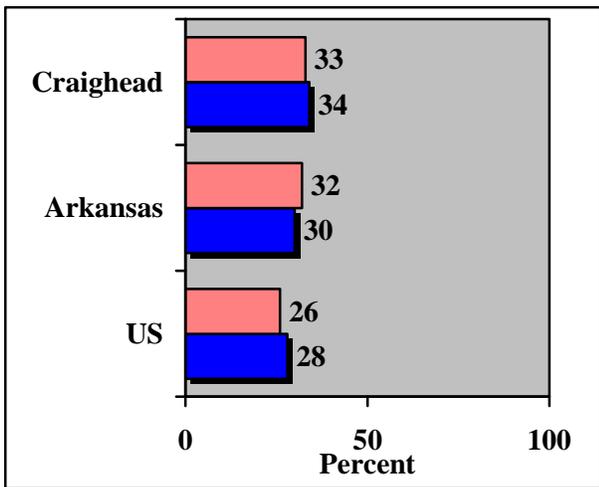
**General health “fair” or “poor”**



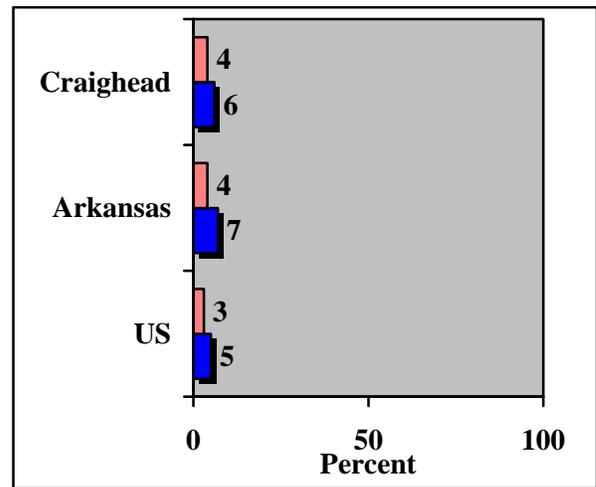
**No health care coverage**



**Have high blood pressure**



**Have had a myocardial infarction**



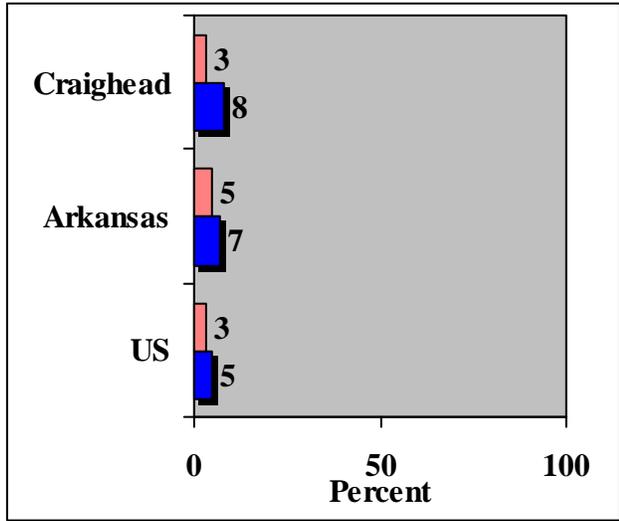
Sources: 2009 Craighead County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2006 and 2007).

# Craighead County

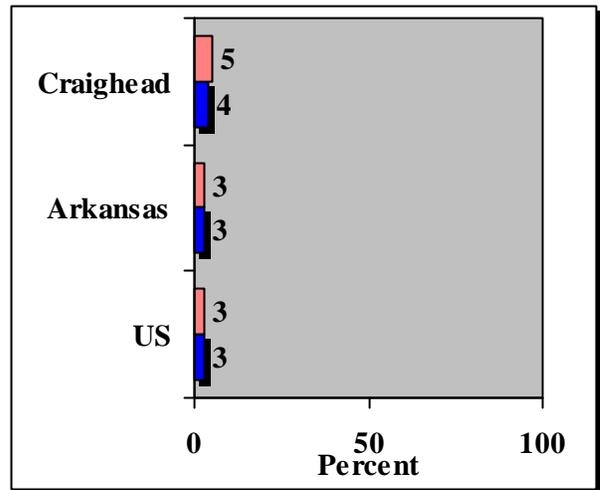
## 2009 County Adult Health Survey

### Comparison with State and national BRFSS

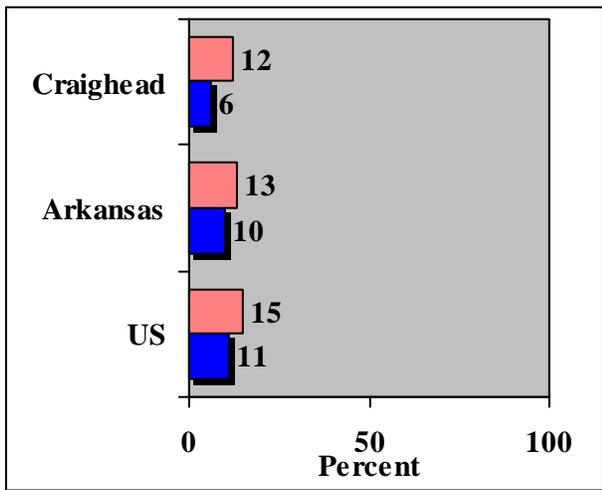
**Have had angina or CHD**



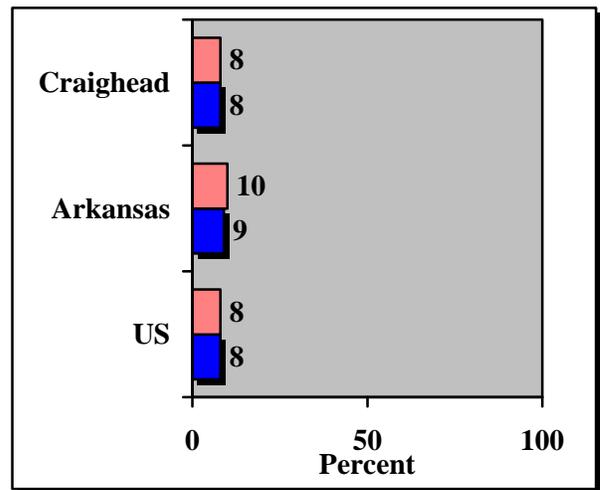
**Have had a stroke**



**Have had asthma**



**Have diabetes**

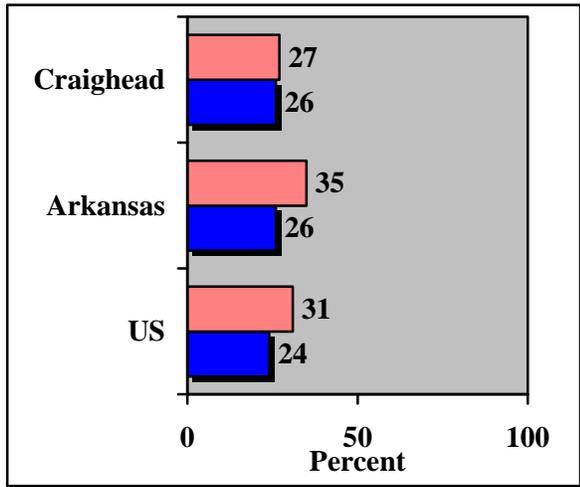


Sources: 2009 Craighead County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2006 and 2007).

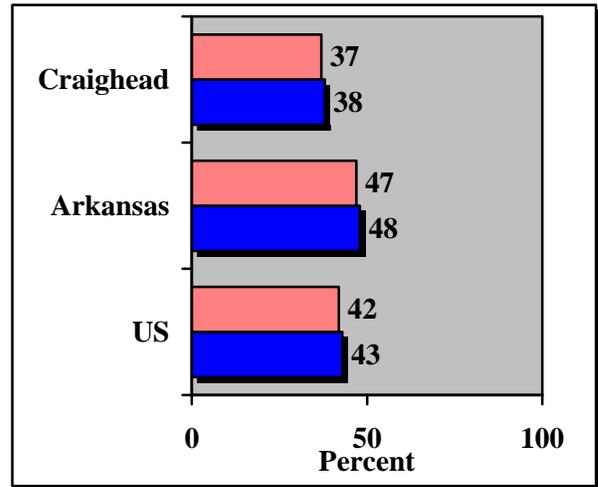
# Craighead County

2009 County Adult Health Survey  
Comparison with State and national BRFSS

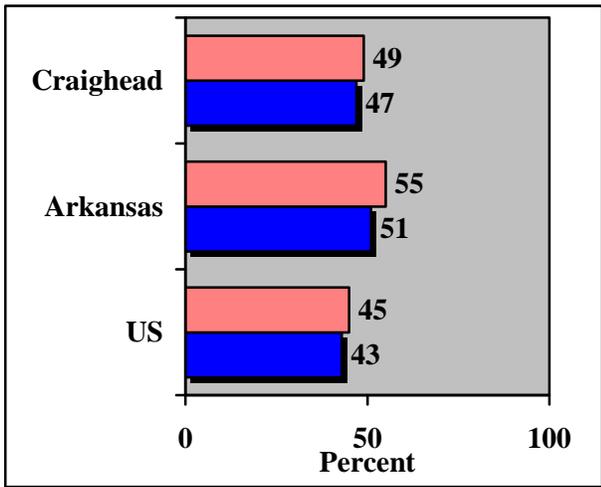
**Have arthritis**



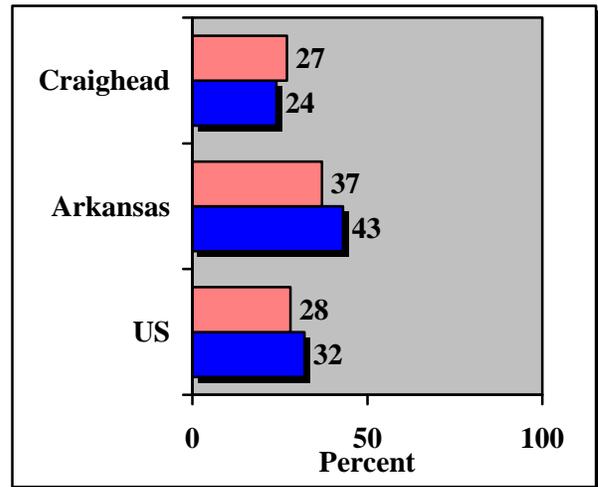
**Over 50 years and not screened for colorectal cancer**



**Permanent teeth extraction**



**Last dental visit one year or more ago**



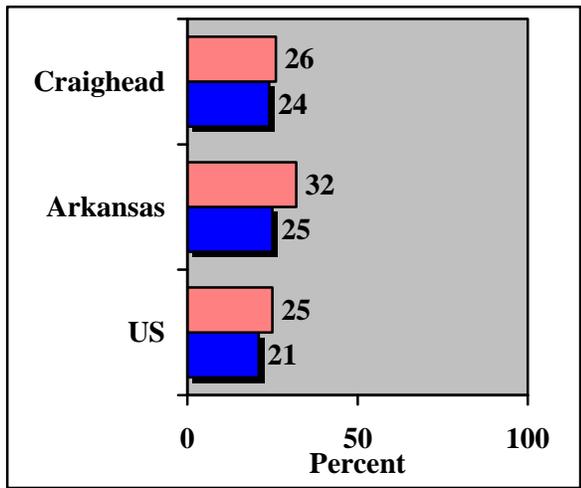
Sources: 2009 Craighead County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2006 and 2007).

# Craighead County

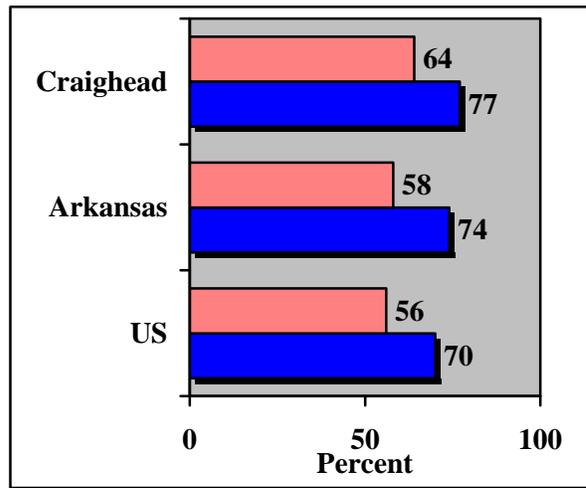
## 2009 County Adult Health Survey

### Comparison with State and national BRFSS

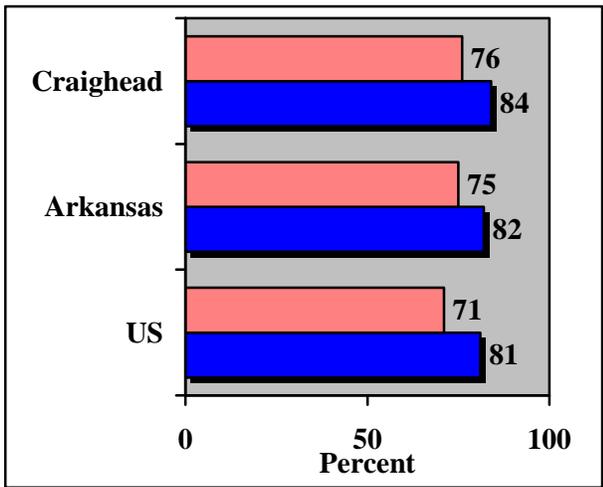
**No regular physical activity**



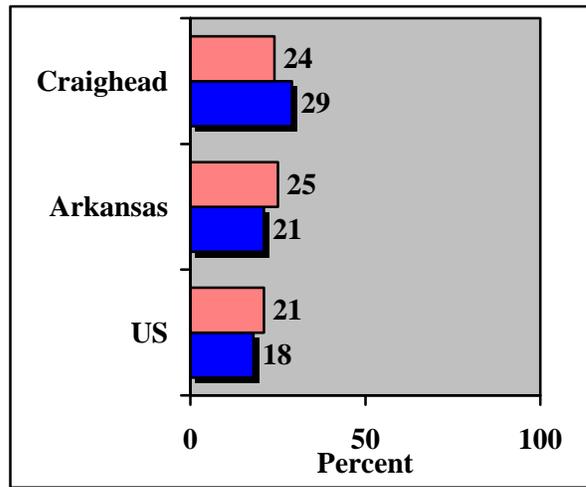
**Over weight or obese**



**Fewer than five fruits and vegetables per day**



**Limitations due to physical, mental, or emotional problems**

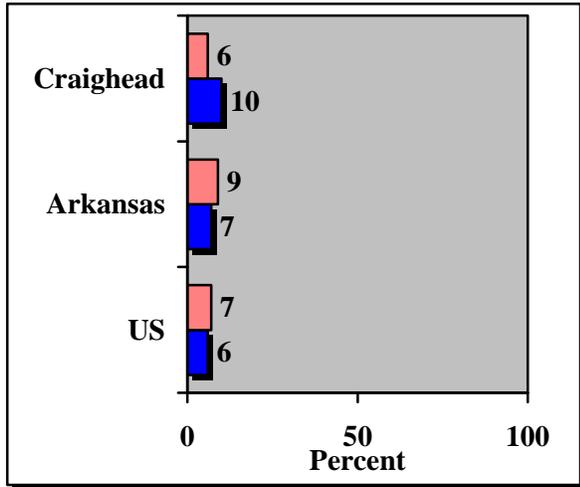


Sources: 2009 Craighead County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2006 and 2007).

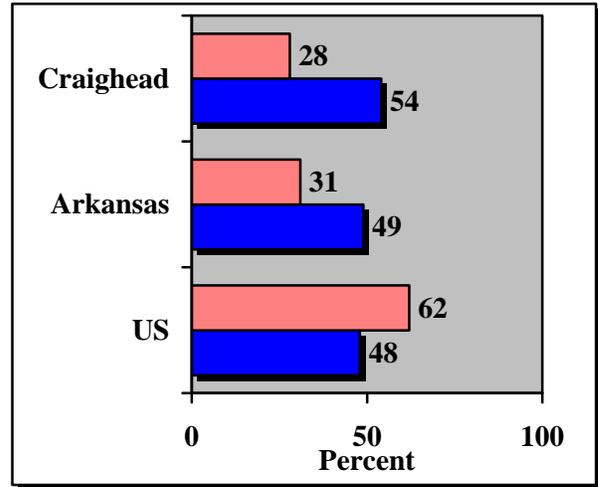
# Craighead County

## 2009 County Adult Health Survey Comparison with State and national BRFSS

**Use of special equipment**



**Had one drink of alcohol**



Sources: 2009 Craighead County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2006 and 2007).

# Appendix C

## 2009 Craighead County Confidence Intervals

## How to interpret Craighead County 2009 County Adult Health Survey results

### Confidence Intervals

The prevalence rates shown in this report were calculated from a sample of the Craighead County population. To control for the uncertainty in using sample data, 95% confidence intervals (CI) were calculated for each prevalence estimate. This value indicates that users of the data can be 95% confident that the prevalence rate for the true population falls within the calculated range. Small confidence intervals indicate more precise estimates of the true population rates, and large confidence intervals indicate less precise estimates.

For example, the table below shows the number of adults in Apple County that currently chew tobacco. The confidence interval is 11.1 to 13.5; 1 percentage point below and 1 percentage point above the prevalence of 12.4%. This suggests that there is a 95% chance that the prevalence estimate for the true or total population falls within 11.1 and 13.5 and close to the estimate of 12.4%.

	<b>Current use of chew tobacco</b>
<b>Percent (%)</b>	12.40
<b>Confidence Limits</b>	(11.1-13.5)
<b>Frequency(n)</b>	630

## Craighead County

2009 County Adult Health Survey

Confidence Intervals

<b>How would you describe your general health</b>				
	Frequency	Percent	<b>95% Confidence Limits for Percent</b>	
<b>Fair, Poor</b>	259	22	18.3	26.2
<b>Excellent, Very Good, Good</b>	570	78	73.8	81.7
<b>Total</b>	829	100		
<b>Frequency Missing = 2</b>				

<b>Physical health NOT good in past month</b>				
	Frequency	Percent	<b>95% Confidence Limits for Percent</b>	
<b>Physical health not good one day or more</b>	311	34	28.9	39.7
<b>Physical health good</b>	495	66	60.3	71.1
<b>Total</b>	806	100		
<b>Frequency Missing = 25</b>				

<b>Mental health NOT good in past month</b>				
	Frequency	Percent	<b>95% Confidence Limits for Percent</b>	
<b>Mental health not good one day or more</b>	252	38	32.8	43.9
<b>Mental health good</b>	552	62	56.1	67.2
<b>Total</b>	804	100		
<b>Frequency Missing = 27</b>				

<b>Have health insurance</b>				
	Frequency	Percent	<b>95% Confidence Limits for Percent</b>	
<b>No health care coverage</b>	80	17	12.3	21.4
<b>Health care coverage</b>	733	83	78.6	87.7
<b>Total</b>	813	100		
<b>Frequency Missing = 18</b>				

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<b>Told blood pressure high</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Have high blood pressure</b>	394	33	28.5	37.7
<b>No high blood pressure</b>	419	67	62.3	71.5
<b>Total</b>	813	100		
<b>Frequency Missing = 18</b>				

<b>Blood cholesterol last checked</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Blood cholesterol not checked in past two years</b>	137	28	22.2	32.9
<b>Blood cholesterol checked in past two years</b>	657	72	67.1	77.8
<b>Total</b>	794	100		
<b>Frequency Missing = 37</b>				

<b>Told cholesterol level high</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>High blood cholesterol</b>	351	37	32.0	42.1
<b>Blood cholesterol not high</b>	367	63	57.9	68.0
<b>Total</b>	718	100		
<b>Frequency Missing = 113</b>				

<b>Ever told had a heart attack</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Have had myocardial infarction</b>	59	5	3.2	6.6
<b>No myocardial infarction</b>	747	95	93.4	96.8
<b>Total</b>	806	100		
<b>Frequency Missing = 25</b>				

--

<b>Ever told have angina or coronary heart disease</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Have had angina or coronary heart disease</b>	69	5	3.4	7.4
<b>No angina or coronary heart disease</b>	726	95	92.6	96.6
<b>Total</b>	795	100		
<b>Frequency Missing = 36</b>				

<b>Ever told had a stroke</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Have had a stroke</b>	62	4	2.6	5.6
<b>No stroke</b>	742	96	94.4	97.4
<b>Total</b>	804	100		
<b>Frequency Missing = 27</b>				

<b>Told by doctor have asthma</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Ever had asthma</b>	81	9	6.4	11.9
<b>No asthma</b>	732	91	88.1	93.6
<b>Total</b>	813	100		
<b>Frequency Missing = 18</b>				

<b>Told by a doctor have diabetes</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Ever had diabetes</b>	105	8	6.0	10.0
<b>No diabetes</b>	708	92	90.0	94.0
<b>Total</b>	813	100		
<b>Frequency Missing = 18</b>				

<b>Told by a doctor have arthritis</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Ever had arthritis</b>	343	27	22.5	30.6
<b>No arthritis</b>	465	73	69.4	77.5
<b>Total</b>	808	100		
<b>Frequency Missing = 23</b>				

<b>Are you limited in any way because of joint symptoms</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Have activity limitations</b>	203	41	34.7	48.0
<b>No activity limitations</b>	253	59	52.0	65.3
<b>Total</b>	456	100		
<b>Frequency Missing = 375</b>				

<b>Ever had colorectal cancer screening (sigmoidoscopy or colonoscopy)</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Never been screened</b>	195	37	31.7	42.6
<b>Have been screened</b>	347	63	57.4	68.3
<b>Total</b>	542	100		
<b>Frequency Missing = 289</b>				

<b>Ever had prostate cancer screening (digital rectal exam or PSA test)</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Never or more than year ago</b>	135	70	62.9	76.8
<b>Within past year</b>	83	30	23.2	37.1
<b>Total</b>	218	100		
<b>Frequency Missing = 613</b>				

<b>Had a flu shot in the past 12 months</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>No influenza shot</b>	421	63	57.5	67.8
<b>Had influenza shot</b>	387	37	32.2	42.5
<b>Total</b>	808	100		
<b>Frequency Missing = 23</b>				

<b>Had 1 or more permanent teeth removed because of tooth decay or gum disease</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Permanent teeth extraction</b>	501	48	42.7	53.9
<b>No permanent teeth extraction</b>	271	52	46.1	57.3
<b>Total</b>	772	100		
<b>Frequency Missing = 59</b>				

<b>Last dental visit more than 1 year ago</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Last dental visit one year or more ago</b>	246	26	21.4	30.0
<b>Last dental visit less than one year ago</b>	535	74	70.0	78.6
<b>Total</b>	781	100		
<b>Frequency Missing = 50</b>				

<b>Participate in physical activities, other than regular job, in the past 30 days</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>No regular physical activity</b>	251	25	20.6	29.8
<b>Regular physical activity</b>	561	75	70.2	79.4
<b>Total</b>	812	100		
<b>Frequency Missing = 19</b>				

<b>Overweight or obese BMI <math>\geq</math> 25</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Overweight or obese BMI <math>&gt;</math> 25</b>	505	70	64.7	75.9
<b>Not overweight or obese BMI <math>&lt;</math> 25</b>	247	30	24.1	35.3
<b>Total</b>	752	100		
<b>Frequency Missing = 79</b>				

<b>Ate fruits/vegs 5 or more times a day</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Consume less than 5 times per day</b>	596	79	75.4	83.6
<b>Consume 5 or more times per day</b>	193	21	16.4	24.6
<b>Total</b>	789	100		
<b>Frequency Missing = 42</b>				

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<b>Limited in activities because of physical, mental, or emotional problems</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Limitations</b>	269	27	22.1	31.0
<b>No limitations</b>	513	73	69.0	77.9
<b>Total</b>	782	100		
<b>Frequency Missing = 49</b>				

<b>Have health problems that require use of equipment</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Use of special equipment</b>	103	8	5.3	10.4
<b>No use of special equipment</b>	681	92	89.6	94.7
<b>Total</b>	784	100		
<b>Frequency Missing = 47</b>				

<b>Rarely or never get needed social or emotional support</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Rarely or never get needed social/emotional support</b>	79	7	5.2	9.5
<b>Get needed social/emotional support</b>	692	93	90.5	94.8
<b>Total</b>	771	100		
<b>Frequency Missing = 60</b>				

<b>Satisfied with your life</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Dissatisfied or very dissatisfied with life</b>	48	5	2.8	6.4
<b>Very satisfied or satisfied with life</b>	726	95	93.6	97.2
<b>Total</b>	774	100		
<b>Frequency Missing = 57</b>				

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<b>Had at least one drink in past 30 days</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Had an alcoholic drink</b>	258	40	34.5	45.2
<b>No alcoholic drink</b>	552	60	54.8	65.5
<b>Total</b>	810	100		
<b>Frequency Missing = 21</b>				

<b>Had 5 or more drinks in a row on one or more occasions during past month</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Binge drinking</b>	64	29	21.3	36.4
<b>No binge drinking</b>	192	71	63.6	78.7
<b>Total</b>	256	100		
<b>Frequency Missing = 575</b>				

<b>Smoked at least 100 cigarettes in lifetime</b>				
<b>_smoke100</b>	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Smoked at least 100 cigarettes in lifetime</b>	389	44	38.2	48.9
<b>Smoked less than 100 cigarettes in lifetime</b>	420	56	51.1	61.8
<b>Total</b>	809	100		
<b>Frequency Missing = 22</b>				

<b>Current smoker</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Current cigarette use</b>	149	20	15.7	24.2
<b>No current cigarette use</b>	660	80	75.8	84.3
<b>Total</b>	809	100		
<b>Frequency Missing = 22</b>				

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<b>Quit smoking one day or longer in the past 12 months</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Have not tried smoking cessation</b>	46	28	16.8	40.2
<b>Have tried smoking cessation</b>	103	72	59.8	83.2
<b>Total</b>	149	100		
<b>Frequency Missing = 682</b>				

<b>Ever tried to use smokeless tobacco</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Have used smokeless tobacco</b>	110	23	18.0	28.2
<b>No use of smokeless tobacco</b>	657	77	71.8	82.0
<b>Total</b>	767	100		
<b>Frequency Missing = 64</b>				

<b>Currently use smokeless tobacco</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Current use of smokeless tobacco</b>	21	28	14.1	41.6
<b>No current use of smokeless tobacco</b>	89	72	58.4	85.9
<b>Total</b>	110	100		
<b>Frequency Missing = 721</b>				

<b>Ever smoked a cigar</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Have smoked cigar</b>	300	47	41.3	52.6
<b>No cigar smoking</b>	467	53	47.5	58.7
<b>Total</b>	767	100		
<b>Frequency Missing = 64</b>				

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<b>Currently smoke cigars</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Current cigar smoking</b>	24	10	5.4	14.2
<b>No current cigar smoking</b>	276	90	85.8	94.6
<b>Total</b>	300	100		
<b>Frequency Missing = 531</b>				

<b>Ever smoked a pipe</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Have smoked a pipe</b>	144	18	14.1	22.4
<b>No pipe smoking</b>	622	82	77.6	85.9
<b>Total</b>	766	100		
<b>Frequency Missing = 65</b>				

<b>Currently smoke a pipe</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Current pipe smoking</b>	4	4	0.0	8.6
<b>No current pipe smoking</b>	140	96	91.4	100.0
<b>Total</b>	144	100		
<b>Frequency Missing = 687</b>				

<b>Smoking allowed in the home</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Smoking in the home</b>	187	19	15.4	22.7
<b>No smoking allowed in the home</b>	577	81	77.3	84.6
<b>Total</b>	764	100		
<b>Frequency Missing = 67</b>				

<b>Noticed mammogram advertisements</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>No</b>	250	51	43.3	58.8
<b>Yes</b>	256	49	41.2	56.7
<b>Total</b>	506	100		
<b>Frequency Missing = 325</b>				

<b>Awareness of free/low cost breast exams and mammograms</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Not aware of free exams</b>	268	53	44.7	60.4
<b>Aware of free exams</b>	240	47	39.6	55.3
<b>Total</b>	508	100		
<b>Frequency Missing = 323</b>				

<b>Difficult to pay for cost of mammogram</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Yes</b>	124	63	50.6	74.5
<b>No</b>	74	37	25.5	49.4
<b>Total</b>	198	100		
<b>Frequency Missing = 633</b>				

<b>Ever had Mammogram</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>No breast cancer screening within the past 2 years</b>	105	26	19.9	31.4
<b>Breast cancer screening within past 2 years</b>	328	74	68.6	80.1
<b>Total</b>	433	100		
<b>Frequency Missing = 398</b>				

<b>How long since last Pap Smear</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>No pap smear within the past 3 years</b>	197	24	18.9	29.2
<b>Pap smear within the past 3 years</b>	300	76	70.8	81.1
<b>Total</b>	497	100		

# **Appendix D**

## **2009 Craighead County Adult Health Survey Questions**

## Sharp County Adult Health Survey Questions

The following questions were administered as part of the Hometown Health County Adult Health Survey. The interviews were conducted by telephone. Interested parties can obtain a complete copy of the script used to conduct the interview from their local Hometown Health leaders.

### **Core 1: Health Status**

1. Would you say that in general your health is excellent, very good, good, fair, or poor?
2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?
3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?
4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

### **Core 2: Healthcare Access**

1. Do you have any kind of health care coverage, including health insurance, pre-paid plans such as HMO's, or government plans such as Medicare?
2. During the past 12 months, was there any time that you did not have any health insurance or coverage?
3. Do you have one person you think of as your personal doctor or health care provider?

### **Core 3: Exercise**

1. During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics (cal i STEN iks), golf, gardening, or walking for exercise?

### **Core 4: Hypertension Awareness**

1. Have you ever been told by a doctor that you have high blood pressure?
2. Are you currently taking medicine for your high blood pressure?

### **Core 5: Cholesterol Awareness**

1. Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?
2. About how long has it been since you last had your blood cholesterol checked?
3. Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

### **Core 6: Asthma**

1. Have you ever been told by a doctor, nurse, or other health professional that you had asthma?
2. Do you still have asthma?

### **Core 7: Diabetes**

1. Have you ever been told by a doctor that you have diabetes?

### **Core 8: Arthritis**

1. During the past 12 months, have you had pain, aching, stiffness or swelling in or around a joint?
2. Were these symptoms present on most days for at least one month?
3. Are you now limited in any way in any activities because of joint symptoms?
4. Have you ever seen a doctor, nurse or other health professional for these joint symptoms?
5. Have you ever been told by a doctor that you have arthritis?
6. Are you currently being treated by a doctor for arthritis?

### **Core 9: Immunization**

1. During the past 12 months, have you had a flu shot?
2. Have you ever had a pneumonia shot? This shot is given only once or twice in a person's lifetime and is different from the flu shot. It is also called the pneumococcal (new mo COCK kle) vaccine.

### **Core 10: Tobacco Use**

1. Have you smoked at least 100 cigarettes in your entire life?
2. Do you now smoke cigarettes every day, some days, or not at all?
3. During the past 12 months have you stopped smoking for one day or longer because you were trying to quit smoking?

### **Core 11: Alcohol Use**

1. During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?
2. One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?
3. Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?

### **Core 13: Demographics**

1. What is your age?
2. Are you Hispanic or Latino?
3. Which one or more of the following would you say is your race?
4. Which one of these groups would you say best represents your race?
5. Marital status?
6. How many children less than 18 years of age live in your household?
7. What is the highest grade or year of school you completed?
8. Are you currently?
9. Is your annual household income from all sources?
10. About how much do you weigh without shoes?
11. About how tall are you without shoes?
12. What is your ZIP Code?
13. Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine.
14. How many of these are residential numbers?
15. How many adult members of your household currently use a cell phone for any purpose?
16. Not counting interruptions in service because of the weather, has your regular home telephone service been disconnected in the last 12 months?
17. In the past 12 months, about how many months in total were you without a working home telephone? (Do not count cell phones)

18. And I need to verify that you are (male/female).
19. The next question relates to military service. Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit?

### **Arkansas CAHS Module 1: Women's Health**

1. The next questions concern women's health. What types of things can women do to help in the early detection of breast cancer?
2. Is there anything else women can do to help in the early detection of breast cancer?
3. A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?
4. What is the most important reason why you haven't had a mammogram?
5. Are there any other reasons why you haven't had a mammogram?
6. How long has it been since you had your last mammogram?
7. What is the most important reason why you haven't had a mammogram in the past two years?
8. Are there any other reasons why you haven't had a mammogram in the past two years?
9. Was your last mammogram done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?
10. In the past month, have you noticed any posters, billboards, commercials, or advertisements with a message about having a mammogram test?
11. Are you aware that "BreastCare" is a program of the local health department, offers free breast exams and mammograms to women age 40 and older?
12. How often do you believe women your age should get a mammogram?
13. Did a doctor suggest that you have your most recent mammogram?
14. Have you ever had breast cancer?
15. Do you think your risk of getting breast cancer is high, medium, low, or none?
16. If you wanted to have a mammogram, would you have to pay for all, part, or none of the cost?
17. How difficult would it be for you to pay for the cost of the mammogram test? Would you say very difficult, somewhat difficult, a little difficult, or not at all difficult?

18. A clinical breast exam is when a doctor, nurse, or other health professional feels the breast for lumps. Have you ever had a clinical breast exam?
19. How long has it been since your last breast exam?
20. Was your last breast exam done as part of a routine checkup, because of a breast problem other than cancer, or because you have already had breast cancer?
21. A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?
22. How long has it been since you had your last Pap smear?
23. Was your last Pap smear done as part of a routine exam, or to check a current or previous problem?
24. Have you had a hysterectomy?

#### **Core 14: Disability & Quality of Life**

1. Are you limited in any way in any activities because of physical, mental, or emotional problems?
2. Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?
3. How often do you get the social and emotional support you need?
4. In general, how satisfied are you with your life?

#### **Core 15: Physical Activity**

1. When you are at work, which of the following best describes what you do? Would you say:
2. Now, thinking about the moderate physical activities you do when you are not working, in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?
3. How many days per week do you do these moderate activities for at least 10 minutes at a time?
4. On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?
5. Now thinking about the vigorous physical activities you do when you are not working, in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?
6. How many days per week do you do these vigorous activities for at least 10 minutes at a time?
7. On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

### **Core 16: Prostate Cancer Screening**

1. A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test?
2. How long has it been since you had your last PSA test?
3. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had a digital rectal exam?
4. How long has it been since your last digital rectal exam?
5. Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?
6. Has your father, brother, son, or grandfather ever been told by a doctor, nurse, or health professional that he had prostate cancer?

### **Core 17: Colorectal Cancer Screening**

1. A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?
2. How long has it been since you had your last blood stool test using a home kit?
3. Sigmoidoscopy (sig-moyd-OS-kopee) or colonoscopy (kolon-OS-kopee) are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer and other health problems. Have you ever had either of these exams?
4. How long has it been since you had your last sigmoidoscopy or colonoscopy?

### **Core 18: HIV/AIDS**

1. Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation.
2. Not including blood donations, in what month and year was your last HIV test?
3. Where did you have your last HIV test, at a private doctor or HMO office, at a counseling and testing site, at a hospital, at a clinic, in a jail or prison, at home, or somewhere else?
4. I am going to read you a list. When I am done, please tell me if any of the situations apply to you. You do not need to tell me which one.

### **ARKANSAS CAHS Module 2: Oral Health**

1. How long has it been since you last visited a dentist or a dental clinic for any reason?
2. How many of your permanent teeth have been removed because of tooth decay or gum disease? Do not include teeth lost for other reasons, such as injury or orthodontics.
3. How long has it been since you had your teeth “cleaned” by a dentist or dental hygienist?

### **ARKANSAS CAHS Module 3: Cardiovascular Disease Prevalence**

1. Has a doctor ever told you that you had a heart attack, also called a myocardial infraction?
2. Has a doctor ever told you that you had angina or coronary heart disease?
3. Has a doctor ever told you that you had a stroke?

### **ARKANSAS CAHS Module 4: Fruits and Vegetables**

1. How often do you drink fruit juices such as orange, grapefruit, or tomato?
2. Not counting juice, how often do you eat fruit?
3. How often do you eat green salad?
4. How often do you eat potatoes not including French fries, fried potatoes, or potato chips?
5. How often do you eat carrots?
6. Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?

### **ARKANSAS CAHS Module 5: Tobacco Indicators**

1. How old were you the first time you smoked a cigarette, even one or two puffs?
2. How old were you when you first started smoking cigarettes regularly?
3. About how long has it been since you last smoked cigarettes regularly?
4. In the past 12 months, have you seen a doctor, nurse, or other health professional to get any kind of care for yourself?
5. In the past 12 months, has a doctor, nurse, or other health professional advised you to quit smoking?
6. Which statement best describes the rules about smoking inside your home?

7. Have you ever been told by a doctor or other health care professional that you have chronic bronchitis?
8. Have you ever been told by a doctor or other health care professional that you have emphysema?
9. Have you ever been told by a doctor or other health care professional that you have Chronic Obstructive Pulmonary Disease (COPD)?
10. Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?
11. Do you currently use chewing tobacco or snuff every day, some days, or not at all?
12. Have you ever smoked a cigar, even one or two puffs?
13. Do you now smoke cigars every day, some days, or not at all?
14. Have you ever smoked tobacco in a pipe, even one or two puffs?
15. Do you now smoke a pipe every day, some days, or not at all?
16. A bidi (BEE-dee) is a flavored cigarette from India. Have you ever smoked a bidi, even one or two puffs?
17. Do you now smoke bidis (BEE-dees) every day, some days, or not at all?